

Roasted Cinnamon Maple Carrots

NO IMAGE

Servings:	74.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	13 Pound	UNSPECIFIED None	
BUTTER PRINT UNSLTD GRD AA	1/4 Pound	1/4 lb	299405
OIL BLND SOY/POM OLV 90/10	3/4 Cup	3/4 c	524948
Kosher Salt	4 Teaspoon	4 tsp	31708
SPICE CINN-MAPL SPRINKLE	2 Cup	2 cup	565911

Preparation Instructions

1. spray sheet pans with cooking spray
2. melt butter and combine with olive oil, salt cinnamon maple flakes mix thoroughly
3. add in carrots and toss together thoroughly
4. spread carrots evenly on sheet pans and drizzle with any left over butter oil mixture
4. roast uncovered until cooked through and lightly brown
5. 350 for about 20-30 mins
6. served hot

Updated 1.8.25 jsh

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 74.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	94.26
Fat	3.46g
Saturated Fat	1.08g
Trans Fat	0.00g
Cholesterol	3.24mg
Sodium	62.22mg
Carbohydrates	13.11g
Fiber	2.26g
Total Sugar	9.72g
Added Sugar	5.19g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.62mg	Iron 0.05mg

Nutrition - Per 100g

Calories	116.06
Fat	4.26g
Saturated Fat	1.33g
Trans Fat	0.00g
Cholesterol	3.99mg
Sodium	76.61mg
Carbohydrates	16.14g
Fiber	2.79g
Total Sugar	11.96g
Added Sugar	6.39g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2.00mg	Iron 0.06mg