

Shredded Carrot

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51484
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK	1/4 Fluid Ounce		198161

Preparation Instructions

Serve with 2 oz spoodle with signage Take 2 Scoops for Full serving.

jsh 12.10.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	3.45
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.22mg
Carbohydrates	0.83g
Fiber	0.28g
Total Sugar	0.41g
Added Sugar	0.00g
Protein	0.07g
Vitamin A 1478.74mcg RAE	Vitamin C 0.54mg
Calcium 2.90mg	Iron 0.02mg

Nutrition - Per 100g

Calories	39.17
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.51mg
Carbohydrates	9.40g
Fiber	3.13g
Total Sugar	4.70g
Added Sugar	0.00g
Protein	0.78g
Vitamin A 16765.71mcg RAE	Vitamin C 6.11mg
Calcium 32.90mg	Iron 0.28mg