

Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31125
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	1/2 Cup		285680

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	22.39
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.58mg
Carbohydrates	5.22g
Fiber	2.24g
Total Sugar	2.99g
Added Sugar	0.00g
Protein	0.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 29.85mg	Iron 0.27mg

Nutrition - Per 100g

No 100g Conversion Available