

Seasoned Cooked Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31251
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	4 #10 CAN		118915
SEASONING SALT NO MSG	2 Tablespoon		514039

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	32.33
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	359.44mg
Carbohydrates	6.47g
Fiber	1.08g
Total Sugar	2.16g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 39.88mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available