

Glazed Carrots

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11836
School:	Concord South Side Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	15 Pound		285680
SUGAR BROWN LT	1 1/2 Cup		860311
MARGARINE SLD	1/2 Pound		733061

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: 105.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	35.88
Fat	1.68g
Saturated Fat	0.69g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.55mg
Carbohydrates	4.87g
Fiber	1.92g
Total Sugar	2.95g
Added Sugar	0.39g
Protein	0.64g
Vitamin A 114.29mcg RAE	Vitamin C 0.00mg
Calcium 25.59mg	Iron 0.23mg

Nutrition - Per 100g

Calories	53.59
Fat	2.50g
Saturated Fat	1.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	68.02mg
Carbohydrates	7.27g
Fiber	2.87g
Total Sugar	4.40g
Added Sugar	0.58g
Protein	0.96g
Vitamin A 170.68mcg RAE	Vitamin C 0.00mg
Calcium 38.21mg	Iron 0.34mg