

Glazed Carrots PK

NO IMAGE

Servings:	48.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45509
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN		118915
BUTTER SUB	1/4 Package		209810
SUGAR, BROWN LIGHT GRANULATED CANE	1/4 Cup		855387

Preparation Instructions

Mix items together and steam 15-20 minutes
CCP Heat to 165 F or higher for at least 15 seconds
CCP Hold at 135 F or higher

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.269
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	19.68
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	164.71mg
Carbohydrates	4.24g
Fiber	0.54g
Total Sugar	1.08g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 19.94mg	Iron 0.00mg

Nutrition - Per 100g

Calories	656.17
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5490.40mg
Carbohydrates	141.27g
Fiber	17.96g
Total Sugar	36.10g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 664.63mg	Iron 0.00mg