

Roasted Carrots

NO IMAGE

Servings:	32.50	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53199
School:	Walton-Verona MiddleHigh		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING MIX RNCH	1/4 Cup		618684
CARROT BABY WHL	5 Pound		360240
SPICE GARLIC POWDER	1/4 Cup		708481
OIL OLIVE XRVGN PREM 2-1GAL AUGUSTO	1/4 Cup		761331

Preparation Instructions

Roast on sheet pan 425F for 20-

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: 32.50

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	41.05
Fat	1.72g
Saturated Fat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	132.68mg
Carbohydrates	6.52g
Fiber	1.89g
Total Sugar	3.15g
Added Sugar	0.00g
Protein	0.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 25.18mg	Iron 0.25mg

Nutrition - Per 100g

Calories	58.64
Fat	2.46g
Saturated Fat	0.35g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	189.54mg
Carbohydrates	9.31g
Fiber	2.70g
Total Sugar	4.49g
Added Sugar	0.00g
Protein	0.90g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 35.97mg	Iron 0.36mg