

# Glazed Carrots

|                      |                               |                       |                  |
|----------------------|-------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 105.00                        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                         | <b>Recipe ID:</b>     | R-11836          |
| <b>School:</b>       | 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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.500 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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