

# Glazed Carrots

<b>Servings:</b>	98.00	<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-31503
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	20 Pound		100352
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SUGAR BROWN LT	2 Pound	1 Bag of brown sugar	860311

## Preparation Instructions

Divide all ingredients between two pans.

### 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: 98.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	90.49
<b>Fat</b>	4.60g
<b>Saturated Fat</b>	2.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.99mg
<b>Sodium</b>	72.74mg
<b>Carbohydrates</b>	14.21g
<b>Fiber</b>	2.02g
<b>Total Sugar</b>	11.19g
<b>Added Sugar</b>	8.16g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	84.99
<b>Fat</b>	4.32g
<b>Saturated Fat</b>	2.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.93mg
<b>Sodium</b>	68.32mg
<b>Carbohydrates</b>	13.35g
<b>Fiber</b>	1.89g
<b>Total Sugar</b>	10.51g
<b>Added Sugar</b>	7.67g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg