



825200 - Hot and Spicy Carrots

Source: K12 Culinary
 Number of Portions: 28
 Size of Portion: 1/2 cup

Components:

Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011131 CARROTS,FRZ,CKD,BLD,DRND,WO/SALT.....	6 LBS (frozen, sliced)	Place carrots in 2 inch perforated pans inside 4 inch solid pans and thaw overnight in refrigerator. CCP: Hold at 41° F or lower.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 002030 PEPPER,BLACK..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE..... 002031 PEPPER,RED OR CAYENNE.....	2 Tbsp 2 TSP (ground) 2 tsp 1/2 tsp 1/4 tsp	Preheat oven to 350° F. Combine oil, black pepper, granulated garlic, salt and cayenne pepper in a mixing bowl and whisk to blend. Toss thawed carrots with seasoned oil to coat evenly.
		Place seasoned carrots on a sheet pan in a single layer. Do not crowd the carrots so they will roast evenly. Bake at 350 °F for approximately 10 - 15 minutes until carrots turn slightly brown. Portion into ½ c servings using 4 oz spoodle or no. 8 disher. CCP: Heat to 135° F or higher. CCP: Hold and Serve at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	44 kcal	Cholesterol	0 mg	Sugars	*3.8* g	Calcium	33.26 mg	33.01%	Calories from Total Fat
Total Fat	1.61 g	Sodium	96 mg	Protein	0.59 g	Iron	0.51 mg	5.46%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	7.40 g	Vitamin A	15638.6 IU	Water ¹	*83.43* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.11 g	Vitamin C	2.2 mg	Ash ¹	*0.76* g	67.46%	Calories from Carbohydrates
								5.36%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.