



825097 - Lemon Roasted Carrots

Source: K12 Culinary
 Number of Portions: 22
 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
009153 LEMON JUC FROM CONC,CND OR BTLD... 826508 Olive Oil Blend 90/10, Colavita L116..... 002029 PARSLEY,DRIED.....	2 Tbsp 1/4 cup 1 Tbsp	Preheat oven to 375° F. Spray full size sheet pan with food release. Do not line with parchment paper as this will inhibit the roasting process. Combine lemon juice, oil, and parsley in a large bowl or container. Whisk until combined.
011125 CARROTS,CKD,BLD,DRND,WO/SALT.....	4 LBS (raw, baby)	Weigh baby carrots. Add to lemon oil mixture in the large bowl and toss gently to coat. Spread 4 pounds of baby carrots in a single layer on prepared sheet pan. Use one full pan for 22 servings. Bake at 375° F for 25-30 minutes or until carrots are tender and beginning to caramelize (brown) around the edges. CCP: Heat to 135° F or higher.
		Transfer carrots to 2 inch full size pans and hold uncovered in hot cabinet until service. Serve ½ c using no. 8 disher or 4 oz spoodle. CCP: Hold for hot service at 135° F or higher.
		This recipe is best prepared for just in time service. Leftovers are not high quality when reheated.

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

Calories	45 kcal	Cholesterol	0 mg	Sugars	2.3 g	Calcium	20.46 mg	53.28%	Calories from Total Fat
Total Fat	2.67 g	Sodium	38 mg	Protein	0.52 g	Iron	0.24 mg	4.05%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	5.47 g	Vitamin A	11099.2 IU	Water ¹	*60.05* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.98 g	Vitamin C	2.6 mg	Ash ¹	*0.45* g	48.54%	Calories from Carbohydrates
								4.61%	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.