825111 - Pickled Carrots

Source: K12 Culinary
Number of Portions: 40
Size of Portion: 1/2 cup

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Vegetable, Red/Orange	
Grains:			
Fruit:			
Vegetable:	0.5 cup		
Milk:			

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
014429 BEVERAGES,H2O,TAP,MUNICIPAL...	2 qts + 1 PINT	Combine water, cider vinegar, sugar, cumin, black pepper, and granulated garlic in a stock pot. Stir to combine all ingredients.
002048 VINEGAR,CIDER..................................	2 qts + 1 PINT	Bring vinegar mixture to a boil over high heat.
019335 SUGARS,GRANULATED.....................	2 1/2 cups	
900670 CUMIN,GROUND.................................	2 tsp	
002030 PEPPER,BLACK...............................	2 TSP (ground)	
799903 GARLIC,GRANULATED......................	1 tsp	
011124 CARROTS,RAW.................................	5 LBS (shredded)	**CCP: No bare hand contact with ready to eat food.** Weigh pre-cut shredded carrots. Spread carrots evenly into a 2 inch full size pan. Pour boiling liquid over carrots. Press carrots into liquid making sure all carrots are completely submerged into vinegar mixture. Place pan of carrots onto another pan filled with ice water bath to cool carrots quickly. Serve 1/2 cup using no. 8 disher. **CCP: Cool to 41° F or lower within 4 hours.** **CCP: Hold for cold service at 41° F or lower.**

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

Calories	85	kcal	Cholesterol	0	mg	Sugars	*15.5*	g	Calcium	26.33	mg	1.72%	Calories from Total Fat
Total Fat	0.16	g	Sodium	44	mg	Protein	0.57	g	Iron	0.38	mg	0.26%	Calories from Saturated Fat
Saturated Fat	0.02	g	Carbohydrates	18.75	g	Vitamin A	9474.1	IU	Water¹	165.19	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	1.63	g	Vitamin C	3.4	mg	Ash¹	0.73	g	87.80%	Calories from Carbohydrates
												2.67%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for   Printed 4/2/2023
and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject
to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.