



825116 - 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
826508 Olive Oil Blend 90/10, Colavita L116..... 002030 PEPPER,BLACK.....	1/4 cup 1/4 TSP (ground)	Preheat oven to 375° F. Spray full size sheet pan with food release. Do not line pans with parchment paper when roasting as it inhibits browning and flavor development. Combine oil and pepper in a large bowl. Using a whisk, mix until combined.
826915 CARROTS, BABY-CUT, FRESH, PEELED...	4 lbs	Weigh carrots and combine with the oil and pepper mixture, tossing to coat. Spread up to 4 lb of carrots in a single layer on each sheet pan. Do not crowd the pan with more product as carrots will steam instead of roast. Note: each pan of 4 lb will provide 22 (1/2 cup) servings. Bake at 375° F for 25-30 minutes or until carrots are tender and brown on edges. CCP: Heat to 135° F or higher.
		Transfer carrots to 2 inch full size pans for 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 optimum quality when reheated.

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

Calories	51 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	26.30 mg	46.71%	Calories from Total Fat
Total Fat	2.65 g	Sodium	64 mg	Protein	0.52 g	Iron	0.74 mg	3.51%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	6.74 g	Vitamin A	11371.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.39 g	Vitamin C	2.2 mg	Ash ¹	*0.00* g	52.88%	Calories from Carbohydrates
								4.10%	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.