



825201 - Sweet Ginger 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 solid pan and thaw overnight in refrigerator.
019334 SUGARS,BROWN.....	1/2 CUP (packed)	Combine sugar, oil, ginger, pepper in a bowl and whisk until blended. Gently toss carrots in mixture to coat.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1/4 cup	
002021 GINGER,GROUND.....	1 tsp	
002030 PEPPER,BLACK.....	1/4 TSP (ground)	
		<p>Spray sheet pan with food release spray. Spread seasoned carrots into a single layer on prepared pan. Note: each full size sheet pan will hold 6 lb of carrots. Bake at 350° F for approximately 10-15 minutes.</p> <p>Portion into ½ c servings using 4 oz spoodle or no. 8 disher. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher.</p>

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

Calories	67 kcal	Cholesterol	0 mg	Sugars	*7.6* g	Calcium	35.74 mg	34.84%	Calories from Total Fat
Total Fat	2.57 g	Sodium	56 mg	Protein	0.55 g	Iron	0.53 mg	5.64%	Calories from Saturated Fat
Saturated Fat	0.42 g	Carbohydrates	11.05 g	Vitamin A	15631.2 IU	Water ¹	*83.46* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.06 g	Vitamin C	2.1 mg	Ash ¹	*0.66* g	66.47%	Calories from Carbohydrates
								3.30%	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.