825097 - Lemon Roasted Carrots

Source: K12 Culinary
Number of Portions: 22
Size of Portion: 1/2 cup

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

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
009153 LEMON JUC,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 degrees F. Spray full size sheet pan with pan 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. Using a whisk, mix until combined.
050525 CARROTS, BABY-CUT, FRESH, PEELED...	4 lbs	Weigh baby carrots. Add to lemon oil mixture and toss gently to coat. Spread 4 pounds of baby carrots in a single layer on prepared sheet pan. Use one pan for 22 servings. Bake at 375 degrees 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 deep full size steamtable pans and hold uncovered in hot cabinet until service. Serve ½ c using number 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 to avoid excessive leftovers. Leftovers are not high quality when reheated.

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

Calories	51	kcal	Cholesterol	0	mg	Sugars	*0.0*	g	Calcium	27.10	mg	46.44%	Calories from Total Fat
Total Fat	2.65	g	Sodium	65	mg	Protein	0.54	g	Iron	0.76	mg	3.50%	Calories from Saturated Fat
Saturated Fat	0.20	g	Carbohydrates	6.83	g	Vitamin A	11373.4	IU	Water[1]	*1.30*	g	0.00%	Calories from Trans Fat
Trans Fat[2]	0.00	g	Dietary Fiber	2.41	g	Vitamin C	2.5	mg	Ash[1]	*0.01*	g	53.24%	Calories from Carbohydrates
												4.24%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for
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.

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.