

# Carrots

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Carrots, frozen, sliced OR Carrots, fresh, without tops	10 lb 4 oz OR 12 lb 5 oz				<ol style="list-style-type: none"> <li>1. If using fresh carrots, peel and then rinse under cold water. Cut into 1/8" inch slices, or 1/4" dice.</li> <li>3. Steam or boil for about 30 minutes for fresh carrots and for about 8-11 minutes for frozen carrots. For boiling, only add enough water to cover the carrots.</li> <li>4. Remove from heat when carrots are tender and easily mashed with a fork.</li> <li>5. CCP: Cook to a temperature of 135° F or above.</li> <li>6. CCP: Hold at 135° F or above.</li> <li>7. Drain and serve.</li> </ol>

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## Notes:

Nutrient information calculated using Food Processor for carrots, boiled, drained, sliced.

**Serving:** ½ cup sliced, cooked, drained vegetables.

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

## Nutrients Per Serving

<b>Calories</b>	27.30	<b>Saturated Fat</b>	0.02 g	<b>Iron</b>	0.27 mg
<b>Protein</b>	0.59 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	23.40 mg
<b>Carbohydrate</b>	6.41 g	<b>Vitamin A</b>	664.29 RAE mcg	<b>Sodium</b>	45.24 mg
<b>Total Fat</b>	0.14 g	<b>Vitamin C</b>	2.81 mg	<b>Dietary Fiber (2016)</b>	2.34 g