

Carrots

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Carrots, fresh, without tops OR Carrots, frozen, sliced	12 lb 5 oz OR 10 lb 4 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> If using fresh carrots, peel and cut into 1/8" inch slices, or 1/4" dice. 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. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <ol style="list-style-type: none"> Remove from heat when carrots are tender and easily mashable with a fork. Drain and serve. <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

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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

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