

Carrots

Vegetable

Side Dish

Recipe #KSU Developed

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

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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: ⅛ cup

3-5 years: ¼ cup

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