

# ISD #347

000806 - CARROTS - BAKED : ISD#347 F2S	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 1/2 Cup Alternate Recipe Name: Baked Carrots Featuring Fresh Carrots				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011124 CARROTS,RAW..... 014429 WATER,MUNICIPAL..... 111296 BUTTER BULK - LIGHTLY SALTED.... 019335 SUGARS,GRANULATED..... 002025 NUTMEG,GROUND..... 002047 SALT,TABLE.....	1 1/2 gals + 1 CUP (SLICED) 3 1/8 cups 2 cups 3/4 cup 2 Tbsp 2 Tbsp	1. For Fresh, Sliced Carrots, steam for 4 minutes. Check doneness, steam until tender but not mushy.  2. In a casserole dish spray with non-stick spray, mix the sugar, nutmeg and salt with water.  3. Add the carrots and dab with the butter  4. <b>CCP:</b> Bake at 350° F. for 10 minutes, stirring after 5 minutes or until internal temperature reaches 140° F. or higher.  5. <b>CCP:</b> Hold at 140° F. or hotter.

Calories..... 113	Iron..... 0.27 mg	Protein..... 0.83 g	Protein..... 2.95%
Cholesterol.. 19 mg	Calcium.... 30.17 mg	Carbohydrates 11.58 g	Carbohydrates. 40.92%
Sodium..... 398 mg	Vitamin A..15030. IU	Total Fat.... 7.35 g	Total Fat..... 58.45%
Dietary Fiber 2.52 g	Vitamin A..15030. RE	Saturated Fat 5.23 g	Saturated Fat. 41.56%
	Vitamin C.. 5.2 mg	Trans Fat.... 0.00* g	Trans Fat..... 0.00%

\* - Denotes Missing Nutrient Values