

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"> 1. If using fresh carrots, peel and cut into 1/8" inch slices, or 1/4" dice. 2. 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"> 3. Remove from heat when carrots are tender and easily mashable with a fork. 4. 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 |