

# Category:Roasted Baby Carrots

Q-108-52

Vegetables

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

¾ cup (4-IT oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (8)



## Ingredients

Item	Measure	Weight	Approx Issue
BABY CARROTS, FRESH	6-¼ gal	31 lb 7 oz	31 lb 7 oz
OIL, CANOLA	2-½ cups	1 lb 1 oz	
SALT	4 tbsp	2-⅔ oz	
PEPPER, BLACK, GROUND	1 tbsp + 1 tsp	0.29 oz	
COOKING SPRAY, NONSTICK	undefined	2 oz	

## Nutrition Facts

Calories	100
Carbohydrates	11.9 g
Sugars*	6.8 g
Protein	0.9 g
Fat	5.7 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	396 mg
Calcium	46 mg
Fiber	4.2 g

## Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. If carrots are wet from packaging, slightly dry carrots with absorbent paper towels. This will ensure the oil will stick to the carrots.
3. In a large mixing bowl, toss carrots with oil, then sprinkle with salt and pepper. Mix well until seasoning is well distributed.
4. Lightly coat each (18 x 26-inch) sheet pan with nonstick cooking spray.
5. Place 3 qt + ½ cup (3 lb 15 oz) carrots on each sheet pan.
6. Using a convection oven, roast carrots at 425°F (218°C) for 12 to 14 minutes.
7. Serve immediately or CP: hold hot at 135°F (57°C).

## Temperature

425°F (218°C)

## Time

12 - 14 min.

## Recipe Notes

1. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
2. This recipe was developed using a Combi oven on the convection setting.
3. Original recipe number: Q-108-02