



825111 - Pickled Carrots

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:
 Vegetable, Red/Orange

Attributes:
 Vegetables

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL..... 002048 VINEGAR,CIDER..... 019335 SUGARS,GRANULATED.... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 900670 CUMIN,GROUND.....	2 qts + 1 PINT 2 qts + 1 PINT 2 1/2 cups 1 tsp 2 TSP (ground) 2 tsp	Combine water, vinegar, garlic, pepper, cumin and sugar in a stockpot. Stir to combine all ingredients. Bring vinegar mixture to a boil over high heat.
011124 CARROTS,RAW.....	5 LBS (shredded)	CCP: No bare hand contact with ready to eat food. Weigh pre-cut shredded carrots. Spread carrots evenly into a 2 inch steamtable pan. Pour boiling liquid over carrots. Press carrots into liquid making sure all carrots are completely submerged into vinegar mixture. Place pan of carrots onto another pan filled with ice to cool quickly. Serve 1/2 cup using #8 disher or scoop. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	85 kcal	Cholesterol	0 mg	Sugars	*15.5* g	Calcium	26.33 mg	1.72%	Calories from Total Fat
Total Fat	0.16 g	Sodium	44 mg	Protein	0.57 g	Iron	0.38 mg	0.26%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	18.75 g	Vitamin A	9474.1 IU	Water ¹	165.19 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.63 g	Vitamin C	3.4 mg	Ash ¹	0.73 g	87.80%	Calories from Carbohydrates
								2.67%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.