



825116 - Roasted Carrots

Source: K12 Culinary
 Number of Portions: 22
 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: #2 Same Day Service

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116..... 002030 PEPPER,BLACK.....	1/4 cup 1/4 TSP (ground)	Preheat oven to 375 F. Spray full size sheet pan with pan release. Do not line pans with parchment paper when roasting as it inhibits browning and flavor development. Combine oil and pepper in a large bowl or container. Using a whisk, mix until combined.
050525 CARROTS, BABY-CUT, FRESH, PEELED...	4 lbs	Weigh carrots and combine with the oil and pepper mixture, tossing gently to coat. Spread up to 4 lb of carrots in a single layer on each sheet pan. Do not crowd the pan with more product as carrots will steam instead of roast. (Note: each pan of 4 lb will provide 22 servings.) Bake at 375 degrees F for 25-30 minutes or until carrots are tender and brown on edges. CCP: Heat to 135° F or higher.
		Transfer carrots to 2 inch deep full size steamtable pans for service. Serve 1/2 c using number 8 disher or 4 oz. spoodle CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimum quality when reheated.

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

Calories	51 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	26.30 mg	46.71%	Calories from Total Fat
Total Fat	2.65 g	Sodium	64 mg	Protein	0.52 g	Iron	0.74 mg	3.51%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	6.74 g	Vitamin A	11371.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.39 g	Vitamin C	2.2 mg	Ash ¹	*0.00* g	52.88%	Calories from Carbohydrates
								4.10%	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.