

John Stalker Institute

000160 - Roasted Carrot Fries

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: 50
Size of Portion: 1/2 cup

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0.5 Cup
Milk: 0 Cup

011124 CARROTS,RAW..... 10 LB	1. Steam the carrots in a perforated pan until tender but still firm, 4-8 minutes depending on the intensity of the steamer and size of the carrots. ALTERNATE COOKING METHOD: The carrots can also be dropped into a pot of vigorously boiling water, cooked briefly, then drained.
004053 OIL, OLIVE, SALAD OR COOKING... 1 CUP 002047 SALT, TABLE..... 3/4 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground	2. Toss the carrots with the olive oil, salt, and pepper to evenly coat the carrots. 3. Spread coated carrots on a parchment-covered sheet pan and roast briefly, until tender and hot. Carrots may brown in places, this will add flavor. To skip a step, you can also roast the raw carrots without steaming, it will just take longer for them to cook. Convection Oven: 400°3 for approx 3-10 minutes Conventional Oven: 350°F for approx. 4-15 minutes NOTE: Cooking times will vary widely depending if carrots have been pre-steamed. 4. Serve immediately. CCP: Heat to 140° F or higher CCP: Hold at 140° F or higher for service.

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

Calories	75 kcal	Cholesterol	0.00 mg	Protein	0.85 g	Calcium	30.10 mg	54.14%	Calories from Total Fat
Total Fat	4.54 g	Sodium	98.05 mg	Vitamin A	2551.91 RE	Iron	0.30 mg	7.55%	Calories from Sat Fat
Saturated Fat	0.63 g	Carbohydrate	8.71 g	Vitamin A	15250.80 IU	Water ¹	80.10 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.55 g	Vitamin C	5.35 mg	Ash ¹	0.97 g	46.16%	Calories from Carbohydrates
								4.49%	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.