

Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1 Tbsp		2 Tbsp	<ol style="list-style-type: none"> Combine cornstarch with cold water until dissolved and set aside for step 3. Place 2 lb 9 oz (1 qt 2 cups) carrots into each pan (9" x13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon and dissolved cornstarch. Stir to blend. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional). Pour 1 ¼ cups 2 Tbsp glaze over each pan of carrots. <p>Bake: Conventional Oven: 375° F for 20-30 minutes Convection Oven: 325° F for 15-20 minutes</p> <ol style="list-style-type: none"> CCP: Hold at 140° F or warmer. <p>Portion with No. 12 scoop (½ cup).</p>
Water, cold		½ cup		1 cup	
Canned sliced carrots, drained	2 lb 9 oz	1 qt 3 cups (¾ No. 10 can)	5 lb 2 oz	3 qt (1 ¼ No. 10 cans)	
OR	OR	OR	OR	OR	
Frozen sliced carrots	2 lb 4 oz	2 qt	4 lb 8 oz	1 gal	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Brown sugar, packed	2 ¼ oz	¼ cup 2 Tbsp	5 ½ oz	¾ cup 1 Tbsp	
Frozen orange juice concentrate	3 ½ oz	¼ cup 2 ½ Tbsp	7 oz	¾ cup	
Ground nutmeg (optional)		½ tsp		1 tsp	
Ground cinnamon		½ tsp		1 tsp	
Dehydrated plums (prunes), chopped (optional)	2 ½ oz	¼ cup 3 Tbsp	5 oz	¾ cup 2 Tbsp	
OR	OR	OR	OR	OR	
Raisins (optional)	2 ½ oz	½ cup	5 oz	1 cup	

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SERVING:	YIELD:	VOLUME:
½ cup (No. 12 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 2 lb 14 ½ oz 1 pan 50 Servings: 5 lb 13 oz 2 pans	25 Servings: 2 quarts ¾ cup 50 Servings: 1 gallon ¾ cup
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Nutrients Per Serving					
Calories	47	Saturated Fat	0.39 g	Iron	0.39 mg
Protein	0.42 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	7.47 g	Vitamin A	6496 IU	Sodium	135 mg
Total Fat	1.92 g	Vitamin C	6.7 mg	Dietary Fiber	0.8 g