

Savory Carrots

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, canned, low sodium, drained,		5 ½ No.10 cans			1. Mix all ingredients. Place mixture evenly among steam table pans (use approximately 4 pans for 100 portions). 2. Cover and place in steamer for 30 minutes. CCP: Heat until internal temperature reaches 185°F. 3. Portion with No. 8 scoop (1/2 cup). CCP: Hold at or above 135°F before and during service.
Brown sugar	2 lb 4 oz				
Margarine, cut into cubes	8 oz	1 cup			
Dry onions	5 oz				

Serving Size	1 Serving Provides	Yield
1/2 cup (No. 8 scoop)	1/2 c of vegetables.	100 servings

Nutrients Per Serving

Calories	80	Vitamin A	11400 IU	Iron	0.73 mg
Protein	0.7 g	Vitamin C	2.78 mg	Calcium	33.5 mg
Carbohydrate	18 g	Dietary Fiber	1.5 g	Cholesterol	0 mg
Fat	2 g	% Fat	22 %	Sodium	60 mg
Saturated Fat	0.4 g	% Saturated Fat	4 %		