

Cooking for Kids

Recipe Sizing Report

000006 - Honey Lemon Carrots :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011960 CARROTS,BABY,RAW.....	20 lbs	1. In a large bowl, mix together carrots, melted butter, honey, lemon juice, and ginger. Mix until carrots are completely coated. 2. Place carrot mixture onto sheet tray (in a single layer) and roast in an oven at 400° F for 20 minutes. Hold hot for service.
001145 BUTTER,WITHOUT SALT.....	2 cups	
019296 HONEY.....	2 cups	
009153 LEMON JUC FROM CONC,CND OR BTLD...	2 cups	
011216 GINGER ROOT,RAW.....	2 Tbsp	

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

Calories	86 kcal	Cholesterol	10 mg	Sugars	10.0 g	Calcium	31.03 mg	39.91%	Calories from Total Fat
Total Fat	3.81 g	Sodium	73 mg	Protein	0.66 g	Iron	0.84 mg	24.28%	Calories from Saturated Fat
Saturated Fat	2.32 g	Carbohydrates	13.36 g	Vitamin A	12625.2 IU	Water ¹	88.52 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.68 g	Vitamin C	3.1 mg	Ash ¹	0.60 g	62.24%	Calories from Carbohydrates
								3.09%	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.