

Cooking for Kids

Recipe Sizing Report

000378 - Honey Lemon Carrots CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011960 CARROTS,BABY,RAW.....	4 5/8 cups	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 or baking sheet with edges (in a single layer) and roast in an oven at 400° F for 20 minutes. Hold hot for service.
001145 BUTTER,WITHOUT SALT.....	1/4 cup	
019296 HONEY.....	1/4 cup	
009153 LEMON JUC FROM CONC,CND OR BTLD...	1/4 cup	
002021 GINGER,GROUND.....	3/4 tsp	

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	43 kcal	Cholesterol	5 mg	Sugars	5.0 g	Calcium	15.57 mg	39.83%	Calories from Total Fat
Total Fat	1.91 g	Sodium	36 mg	Protein	0.34 g	Iron	0.43 mg	24.23%	Calories from Saturated Fat
Saturated Fat	1.16 g	Carbohydrates	6.71 g	Vitamin A	6312.6 IU	Water ¹	44.22 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.35 g	Vitamin C	1.5 mg	Ash ¹	0.30 g	62.30%	Calories from Carbohydrates
								3.12%	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.