

Cooking for Kids

Recipe Sizing Report

000106 - Roasted Carrots :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: CUP	Meat/Alt: Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011960 CARROTS,BABY,RAW....	33 lbs + 6 ozs	1. Lay out carrots in a single layer on a sheet tray lined with parchment paper.
050385 OIL, VEGETABLE..... 799939 GARLIC,RAW..... 799986 SALT, KOSHER..... 002036 ROSEMARY,DRIED.....	1/2 cup + 2 5/8 tsp 1/2 cup + 2 5/8 tsp 2 Tbsp + 5/8 tsp 1/2 cup + 2 5/8 tsp	2. In a small bowl, combine oil, minced garlic, salt, and rosemary . Stir until fully combined and drizzle mixture on top of carrots. 3. Roast in a 350° F oven for 15 minutes or until tender. Serve immediately.

*Nutrients are based upon 1 Portion Size (CUP)

Calories	66 kcal	Cholesterol	0 mg	Sugars	*7.2* g	Calcium	53.85 mg	19.95%	Calories from Total Fat
Total Fat	1.46 g	Sodium	222 mg	Protein	1.03 g	Iron	1.45 mg	3.24%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	12.91 g	Vitamin A	20860.2 IU	Water ¹	*137.08* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.54 g	Vitamin C	4.4 mg	Ash ¹	*0.98* g	78.54%	Calories from Carbohydrates
								6.27%	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.