000801 - CARROTS: Fresh Parsley : ISD 347 F2S	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 3 oz. Alternate Recipe Name: Parsley Buttered Carrots w/ Local Parsley&Carros				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011124 CARROTS,RAW..... 001001 BUTTER,WITH SALT.... 011297 PARSLEY,RAW.....	14 lbs 4 ozs 1 oz	1. Wash, peel and slice carrots.
		2. Steam or boil carrots until tender.
		3. Pour melted butter or margarine over carrots. 4. Sprinkle with fresh parsley. **CCP:** Hold at 140° F. or hotter.

Calories..... 69	Iron..... 0.42 mg	Protein..... 1.22 g	Protein..... 7.10%
Cholesterol.. 5 mg	Calcium.... 43.24 mg	Carbohydrates 12.20 g	Carbohydrates. 71.23%
Sodium..... 101 mg	Vitamin A..21455. IU	Total Fat.... 2.15 g	Total Fat..... 28.22%
Dietary Fiber 3.57 g	Vitamin A..21455. RE	Saturated Fat 1.22 g	Saturated Fat. 15.98%
	Vitamin C.. 8.2 mg	Trans Fat.... 0.00* g	Trans Fat..... 0.00%

* - Denotes Missing Nutrient Values