

# ISD #347

000778 - CARROTS - FRESH, STEAMED : ISD#347 F2S	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: 1/2 Cup Alternate Recipe Name: Fresh Steamed Carrots				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011124 CARROTS,RAW.....	21 lbs	1. Preheat Convection Oven to 325° F.
000001 WATER,BOILING..... 019334 SUGARS,BROWN... 002030 PEPPER,BLACK.....	2 gals 1/4 CUP (packed) 2 Tbsp	3. Place water in kettle and bring to boil.  4. Use a full size 6" deep steamtable pan with 4" deep perforated pan inside. Place Carrots into a full size 4" deep perforated steamtable pan. Pour boiling water over the top of the Carrots and stir gently so they don't all stick together.  5. <b>CCP:</b> Bake at 325° F. or Steam in Steamer until internal temperature is 140° F. or higher. <b>DO NOT OVERCOOK.</b>  6. Season with Brown Sugar and Pepper and serve immediately. Batch cook, if possible.  <b>CCP:</b> Monitor serving line temperature, which should be 140° F. or higher.

Calories.....	41	Iron.....	0.33 mg	Protein.....	0.90 g	Protein.....	8.69%
Cholesterol..	0 mg	Calcium....	33.99 mg	Carbohydrates	9.75 g	Carbohydrates.	94.02%
Sodium.....	68 mg	Vitamin A..16013.	IU	Total Fat....	0.23 g	Total Fat.....	5.05%
Dietary Fiber	2.70 g	Vitamin A..16013.	RE	Saturated Fat	0.04 g	Saturated Fat.	0.85%
		Vitamin C..	5.6 mg	Trans Fat....	0.00* g	Trans Fat.....	0.00%

\* - Denotes Missing Nutrient Values