USDA

United States Department of Agriculture

USDA Foods in Schools

100352 - Carrots, Sliced, No Salt Added, Frozen

Category: Vegetables

Subgroup: Red/Orange

Product Description

- This item is Grade A frozen sliced carrots that can be either straight or crinkle cut and have a maximum diameter of 1.5 inches. This item is delivered frozen in a 30-pound case.

Crediting/Yield

- One case yields 148 ½ cup servings of cooked, drained carrots.
- CN Crediting: ½ cup cooked, drained carrots credits as ½ cup red/orange vegetable.

Culinary Tips and Recipes

- Carrots can be added to many foods such as soups and casseroles, or cooked with spices and served as a flavorful side dish.
- Offering carrots in a variety of forms can help schools meet the red/orange vegetable requirements.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

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Nutrition Facts

Serving size: 1/2 cup (73g) carrots, frozen, cooked, drained, without salt

Amount Per Serving	
Calories	27
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	43mg
Total Carbohydrate	6g
Dietary Fiber	2g
Sugars	3g
Protein	0g

Source: USDA FoodData Central

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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