

**CARROTS (1/4 INCH SLICES) (FRESH)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
59 cal	14 g	1 g	0 g	0 mg	121 mg	39 mg

**Ingredient**

WATER  
SALT  
CARROTS,FRESH,SLICED

**Weight**

25-1/8 lbs  
5/8 oz  
30 lbs

**Measure**

3 gal  
1 tbsp  
6 gal 2-5/8 qts

**Issue**

36-5/8 lbs

**Method**

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add carrots; bring water back to a boil. Cover; cook carrots for 15 to 25 minutes.
- 4 Place carrots in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.