

ORANGE CARROTS AMANDINE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
76 cal	9 g	2 g	4 g	0 mg	119 mg	40 mg

Ingredient

CARROTS,FROZEN,SLICED
 SALT
 WATER,BOILING
 MARGARINE,MELTED
 SUGAR,BROWN,PACKED
 ORANGE PEEL,FRESH,GRATED
 JUICE,ORANGE
 ALMONDS,SLIVERED

Weight

16 lbs
 3/8 oz
 16-3/4 lbs
 10 oz
 5-1/8 oz
 10-1/8 oz
 2-7/8 oz
 11-3/8 oz

Measure

3 gal 2-1/8 qts
 1/3 tsp
 2 gal
 1-1/4 cup
 1 cup
 3 cup
 1/4 cup 1-2/3 tbsp
 3 cup

Issue**Method**

- 1 Cook carrots 10 to 13 minutes. Add carrots to salted boiling water. Return to a boil; reduce heat; simmer 15 minutes or until tender. Drain.
- 2 Add brown sugar, orange rind, orange juice, and almonds to melted butter or margarine. Blend well.
- 3 Add glaze to carrots; mix until carrots are well coated. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.