

CARROT SLICES (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
53 cal	12 g	2 g	0 g	0 mg	152 mg	45 mg

Ingredient

WATER
 SALT
 CARROTS,FROZEN,SLICED

Weight

12-1/2 lbs
 5/8 oz
 30 lbs

Measure

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

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add carrots; stir well. Return to a boil; cover.
- 4 Reduce heat; cook carrots 10 to 13 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place carrots in serving pan. CCP: Hold for service at 140 F. or higher.