

CARROT STRIPS (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
53 cal	12 g	1 g	0 g	0 mg	117 mg	36 mg

Ingredient

WATER
 SALT
 CARROTS,FRESH,2" STRIPS

Weight

29-1/4 lbs
 5/8 oz
 27 lbs

Measure

3 gal 2 qts
 1 tbsp
 6 gal 3-7/8 qts

Issue

32-7/8 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 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.