

A099 - CARROTS, FROZEN, SLICED, 30 LB

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| CATEGORY | <ul style="list-style-type: none"> Vegetables/Fruits |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> U.S. Grade A frozen carrots, sliced or crinkle-cut. |
| PACK/YIELD | <ul style="list-style-type: none"> 30 lb case. One 30 lb container AP yields about 74 cups cooked, drained sliced carrots and provides about 296.1 ¼ -cup servings cooked, drained vegetable. One lb AP yields 0.95 lb (about 2¾ cups) cooked, drained sliced carrots and provides about 9.87 ¼-cup servings cooked, drained vegetable. CN Crediting: ¼ cup cooked, drained, sliced carrots provides ¼ cup vegetable. |
| STORAGE | <ul style="list-style-type: none"> Store unopened frozen carrots at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |



Nutrition Information

Carrots, cooked, without salt

| | ¼ cup (37 g) | ½ cup (73 g) |
|---------------|-----------------|-----------------|
| Calories | 14 | 27 |
| Protein | 0.21 g | 0.42 g |
| Carbohydrate | 2.82 g | 5.64 g |
| Dietary Fiber | 1.2 g | 2.4 g |
| Sugars | 1.49 g | 2.98 g |
| Total Fat | 0.25 g | 0.50 g |
| Saturated Fat | 0.04 g | 0.09 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Iron | 0.19 mg | 0.39 mg |
| Calcium | 13 mg | 26 mg |
| Sodium | 22 mg | 43 mg |
| Magnesium | 4 mg | 8 mg |
| Potassium | 70 mg | 140 mg |
| Vitamin A | 6068 IU | 12137 IU |
| Vitamin A | 303 RAE | 607 RAE |
| Vitamin C | 0.8 mg | 1.7 mg |
| Vitamin E | 0.37 mg | 0.74 mg |

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none"> • Frozen carrots can be cooked without thawing. • STOCK POT or STEAM-JACKETED KETTLE: Add frozen carrots to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 20 min. Drain. • STEAMER: Place frozen carrots in a single layer in a steamer pan. Steam uncovered for 3 to 5 min. Drain. If desired, sprinkle 1 tsp of seasoning over each 100 servings of vegetable and stir to combine. Do not boil. • Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steamtable or in a holding cabinet. • Schedule cooking of carrots so they will be served soon after cooking. Carrots will become overcooked if held too long. |
| USES AND TIPS | <ul style="list-style-type: none"> • Serve cooked carrots alone or in a variety of main dishes, soups, or salads. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • Do not refreeze carrots. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf. |