

**A100 - CARROTS, CANNED, NO ADDED SALT, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A carrots with no salt added. Carrots are sliced or crinkle-cut and will be less than 1½ inches in diameter.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 105 oz carrots and liquid.</li> <li>One #10 can AP yields about 65.0 oz (9¼ cups) heated, drained carrots and provides about 37.2 ¼-cup servings heated, drained carrots OR about 70.0 oz (10¾ cups) unheated, drained carrots and provides about 43.4 ¼-cup servings unheated, drained carrots.</li> <li>CN Crediting: ¼ cup heated, drained carrots OR ¼ cup unheated, drained carrots provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned carrots in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned carrots covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Carrots, canned, sliced, no added salt, drained

	¼ cup (37 g)	½ cup (73 g)
Calories	9	18
Protein	0.23 g	0.47 g
Carbohydrate	2.02 g	4.04 g
Dietary Fiber	0.5 g	1.1 g
Sugars	0.91 g	1.81 g
Total Fat	0.07 g	0.14 g
Saturated Fat	0.01 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.23 mg	0.47 mg
Calcium	9 mg	18 mg
Sodium	15 mg	31 mg
Magnesium	3 mg	6 mg
Potassium	65 mg	131 mg
Vitamin A	4077 IU	8154 IU
Vitamin A	204 RAE	407 RAE
Vitamin C	1.0 mg	2.0 mg
Vitamin E	0.27 mg	0.54 mg



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat carrots and serve alone or candied. Carrots will become overcooked if held too long. Schedule cooking of carrots so they will be served soon after cooking.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Glaze in margarine with chopped parsley (Carrots Vichy).</li> <li>• Dice or chop carrots and use in stews and soups for flavor. Combine cooked carrots with celery, mushrooms, beans, etc.</li> <li>• Cut up with asparagus or onions. Use in bread stuffing with meat, fish, or poultry to increase the fiber and vitamin content.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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