





<b>Recipe Name:</b>	Roasted Orange Carrots
<b>Category:</b>	Side Dish
<b>Portion Size(s):</b>	½ cup (about 2.7 oz)
<b>Meal Components:</b>	½ cup red/orange vegetable

Ingredients:	23 Portions	
	Weight	Measure
Baby carrots, fresh	5 lb	
Vegetable oil (USDA or Commercial)		2 Tbsp
Orange juice concentrate, frozen, 100% juice		1/2 cup OR 4 fl oz

## Directions:

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1. Thaw orange juice concentrate under refrigeration for 12-24 hours. Hold at 41°F or lower.
2. Preheat oven to 350°F.
3. Prepare 1-full sheet pan per 23 servings with parchment paper.
4. For every 23 servings, toss 5 lb raw carrots with 2 Tbsp vegetable oil. Arrange carrots in a single layer on prepared sheet pan(s).
5. Roast carrots in the oven for 20 minutes.
6. Remove carrots from the oven. Toss each sheet pan of carrots with ½ cup orange juice concentrate.
7. Place back in the oven and roast for 10 more minutes. Heat to 135°F for at least 15 seconds. Hold at 135°F or lower.
8. Serve ½ cup (4 fl oz spoodle/about 2.7 oz per serving).

## Nutrients Per One Serving (K-12):

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<b>Calories</b>	<b>55</b>	<b>kcal</b>	<b>Total Fat</b>	<b>1</b>	<b>g</b>	<b>Total Dietary Fiber</b>	<b>3</b>	<b>g</b>	<b>Vitamin C</b>	<b>11</b>	<b>mg</b>
<b>Saturated Fat</b>	<b>0</b>	<b>g</b>	<b>Trans Fat</b>	<b>0</b>	<b>g</b>	<b>Protein</b>	<b>1</b>	<b>g</b>	<b>Iron</b>	<b>1</b>	<b>mg</b>
<b>Sodium</b>	<b>77</b>	<b>mg</b>	<b>Cholesterol</b>	<b>0</b>	<b>mg</b>	<b>Vitamin A</b>	<b>13,598</b>	<b>IU</b>			
<b>Sugars</b>	<b>7</b>	<b>g</b>	<b>Carbohydrate</b>	<b>11</b>	<b>g</b>	<b>Calcium</b>	<b>59</b>	<b>mg</b>			

## Components Per One Serving (K-12):

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<b>Meat/Meat ALT</b>	<b>Grain</b>	<b>Vegetable(s)</b>	<b>Fruit</b>	<b>Milk</b>
<b>0</b> oz. eq.	<b>0</b> oz. eq.	<b>1/2</b> cups(s)	<b>0</b> cup(s)	<b>0</b> cup(s)

### Vegetable Subgroups:

<b>Dark Green</b>	<b>Red/Orange</b>	<b>Legumes</b>	<b>Starchy</b>	<b>Other</b>
<b>0</b> cups(s)	<b>1/2</b> cups(s)	<b>0</b> cups(s)	<b>0</b> cup(s)	<b>0</b> cup(s)

