

# Lemon Roasted Carrots

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20230

## Ingredients

Description	Measurement	DistPart #
Carrots fzn	12 Pound	100352
OIL CANOLA CLR 3-1GAL CHFPRDE	1/2 Cup	482071
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon	225037
LEMON CHC CALIF 115CT MRKN	4 Each	563374

## Preparation Instructions

1. Toss carrots with oil, salt, and pepper.
2. Grate the outer yellow lemon skin with a zesting tool or on the small grating side of a cheese grater. Squeeze the juice from the lemons. Add to the carrots and toss.
3. Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.
4. Transfer to half hotel pans, and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	53.33		
<b>Fat</b>	3.44g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	28.80mg		
<b>Sodium</b>	75.20mg		
<b>Carbohydrates</b>	8.16g		
<b>Fiber</b>	2.80g		
<b>Sugar</b>	3.60g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	2.59IU	<b>Vitamin C</b>	6.65mg
<b>Calcium</b>	5.27mg	<b>Iron</b>	0.06mg