

# Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1 Tbsp		2 Tbsp	<ol style="list-style-type: none"> <li>Combine cornstarch with cold water until dissolved and set aside for step 3.</li> <li>Place 2 lb 9 oz (1 qt 2 cups) carrots into each pan (9" x13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon and dissolved cornstarch. Stir to blend.</li> </ol>
Water, cold		½ cup		1 cup	
Canned sliced carrots, drained	2 lb 9 oz	1 qt 3 cups ( <sup>5</sup> / <sub>8</sub> No. 10 can)	5 lb 2 oz	3 qt (1 ¼ No. 10 cans)	
OR	OR	OR	OR	OR	
Frozen sliced carrots	2 lb 4 oz	2 qt	4 lb 8 oz	1 gal	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Brown sugar, packed	2 ¼ oz	¼ cup 2 Tbsp	5 ½ oz	¾ cup 1 Tbsp	
Frozen orange juice concentrate	3 ½ oz	¼ cup 2 ½ Tbsp	7 oz	¾ cup	
Ground nutmeg (optional)		½ tsp		1 tsp	
Ground cinnamon		½ tsp		1 tsp	
Dehydrated plums (prunes), chopped (optional)	2 ½ oz	¼ cup 3 Tbsp	5 oz	¾ cup 2 Tbsp	
OR	OR	OR	OR	OR	
Raisins (optional)	2 ½ oz	½ cup	5 oz	1 cup	
					<ol style="list-style-type: none"> <li>Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).</li> <li>Pour 1 ¼ cups 2 Tbsp glaze over each pan of carrots.</li> </ol> <p>Bake: Conventional Oven: 375° F for 20-30 minutes Convection Oven: 325° F for 15-20 minutes</p> <ol style="list-style-type: none"> <li>CCP: Hold at 140° F or warmer.</li> </ol> <p>Portion with No. 12 scoop (⅓ cup).</p>

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SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1/4 cup of vegetable and fruit.	<b>25 Servings:</b> 2 lb 14 1/2 oz 1 pan <b>50 Servings:</b> 5 lb 13 oz 2 pans	<b>25 Servings:</b> 2 quarts 3/8 cup <b>50 Servings:</b> 1 gallon 3/4 cup
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Nutrients Per Serving					
<b>Calories</b>	47	<b>Saturated Fat</b>	0.39 g	<b>Iron</b>	0.39 mg
<b>Protein</b>	0.42 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	17 mg
<b>Carbohydrate</b>	7.47 g	<b>Vitamin A</b>	6496 IU	<b>Sodium</b>	135 mg
<b>Total Fat</b>	1.92 g	<b>Vitamin C</b>	6.7 mg	<b>Dietary Fiber</b>	0.8 g