



Orange Glazed Carrots

USDA Recipe for CACFP

These Orange Glazed Carrots have frozen carrots combined with orange juice concentrate, cranberries and spices.

CACFP CREDITING INFORMATION

$\frac{1}{3}$ cup (No. 12 scoop) provides $\frac{1}{4}$ cup vegetable.

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|-------------|-------------------------------|-------------|---------------------|--|
| | Weight | Measure | Weight | Measure | |
| Margarine, trans-fat free | 2 oz | $\frac{1}{4}$ cup | 4 oz | $\frac{1}{2}$ cup | 1 Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves. |
| Brown sugar | 13 oz | $1\frac{1}{2}$ cups 2 Tbsp | 1 lb 10 oz | $3\frac{1}{4}$ cups | |
| Orange juice, concentrated, frozen, thawed | | 1 cup | | 2 cups | 2 Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally. |
| Water | | 1 cup | | 2 cups | |
| Vanilla extract | | 1 Tbsp | | 2 Tbsp | |
| Ground cinnamon | | 1 tsp | | 2 tsp | |



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|---|-------------|-----------------------------|-------------|------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Ground nutmeg | | 1 tsp | | 2 tsp | |
| Frozen carrots, thawed, sliced, drained | 3 lb 4 oz | 2 qt 1 2/3 cups 1 tsp | 6 lb 8 oz | 1 gal 3 1/3 cups 2 tsp | 3 Fold in carrots and craisins. Bring to a boil for 3–4 minutes. |
| Dried Cranberries | 8 oz | 1 1/2 cups 1 Tbsp 2 tsp | 1 lb | 3 cups 3 Tbsp 1 tsp | |
| Cornstarch | | 1 Tbsp 2 tsp | | 3 Tbsp 1 tsp | 4 Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes. |
| | | | | | 5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. |
| | | | | | 6 Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
| | | | | | 7 Critical Control Point: Hold for hot service at 140 °F or higher. |
| | | | | | 8 Portion with No. 12 scoop (1/3 cup). |
| | | | | | |



NUTRITION INFORMATION

For ⅓ cup (No. 12 scoop).

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 137 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 55 mg |
| Total Carbohydrate | 31 g |
| Dietary Fiber | 3 g |
| Total Sugars | 26 g |
| Added Sugars included | N/A |
| Protein | 1 g |
| Vitamin D | 0 IU |
| Calcium | 95 mg |
| Iron | 0 mg |
| Potassium | 205 mg |

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

| 25 Servings | 50 Servings |
|---|--|
| About 4 lb 7 oz | About 8 lb 14 oz |
| About 2 qt ¾ cup 2 Tbsp/1 steam table pan (12" x 20" x 2½") | About 1 gal 1¾ cups/2 steam table pans (12" x 20" x 2½") |