



Orange Glazed Carrots

Orange Glazed Carrots is a great dish for when seasons change! This combination of frozen carrots, canned pineapple, dried cranberries, and warm spices will not disappoint.

CACFP Adult Portion Crediting Information

$\frac{3}{4}$ cup (6 oz spoon) provides $\frac{1}{2}$ cup vegetable ($\frac{1}{2}$ cup red/orange vegetable), and $\frac{1}{8}$ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	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 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla extract		1 Tbsp		2 Tbsp	
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg		1 tsp		2 tsp	
Frozen carrots, thawed, sliced, drained	6 lb	1 gal 2 cups	12 lb	2 gal 1 qt	3 Fold in carrots, dried cranberries, and pineapple tidbits. Bring to a boil over medium high heat for 8-10 minutes.
Dried cranberries	8 oz	2 cups	1 lb	1 qt	4 While carrots are cooking, remove 3 Tbsp of hot liquid and place in small bowl.
Canned pineapple tidbits, with juice	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Cornstarch		1 Tbsp 2 tsp		¼ cup	5 Add cornstarch to the hot liquid and stir well until dissolved.
					6 Add cornstarch mixture to carrot mixture. Stir and reduce heat to low. Cook uncovered for 2 minutes. (If glaze becomes too thick add 2 ounces of water).
					7 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					8 Place 1 gal 3 cups (about 8 ¼ lb) of the glazed carrots in a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Serve ¾ cup (portion with 6 oz spoodle).



NUTRITION INFORMATION

For ¾ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	159

Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	85 mg
Total Carbohydrate	36 g
Dietary Fiber	5 g
Total Sugars	30 g
Added Sugars included	N/A
Protein	1 g

Vitamin A	923 mcg RAE
Vitamin C	19 mg
Vitamin D	10 IU
Calcium	113 mg
Iron	1 mg
Potassium	301 mg
N/A=no data available.	

SOURCE

CACFP Adult Portion Recipe Project

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings

50 Servings

About 8 ¼ lb

About 16 ½ lb

About 1 gal/1 steam table pan,
(12" x 20" x 2 ½")

About 2 gal/2 steam table pans,
(12" x 20" x 2 ½")

