



Orange Glazed Carrots

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

Preparation Time: 20 minutes

Cook Time: 20 minutes

CACFP Crediting Information:

½ cup (4 oz spoonful) provides ½ cup red/orange vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine	2 oz	¼ cup	4 oz	½ cup	1 Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.
Sugar, light brown, packed	8 oz	1 cup	1 lb	2 cups	
Orange juice		2 cups		1 qt	2 Add orange juice, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.
Water		½ cup		1 cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla extract		1 Tbsp		2 Tbsp	
Cinnamon, ground		1 tsp		2 tsp	
Nutmeg, ground		1 tsp		2 tsp	
Carrots, frozen, sliced, thawed, drained	5 lbs	1 gal 2 qts	10 lbs	3 gal	3 Stir in carrots and dried cranberries. Bring to a boil, then reduce heat to a simmer. Continue simmering for 8-10 minutes or until the carrots are tender.
Dried cranberries	8 oz	1 ⅓ cup	1 lb	2 ⅔ cups	
Water		2 Tbsp		2 oz	4 Add cornstarch to the water and stir well until dissolved.
Cornstarch		1 Tbsp 2 tsp		¼ cup	5 Add cornstarch mixture to carrot mixture. Stir and reduce heat to low. Cook uncovered, stirring constantly, for 2 minutes or until the sauce thickens and glazes the carrots. (If glaze becomes too thick, add water until desired consistency is reached). Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					6 Place 6 lb/1 gal 1 qt 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. Critical Control Point: Hold for hot service at 135 °F or higher.
					7 Serve ½ cup (portion with 4 oz spoodle).



NUTRITION INFORMATION

For ½ cup (4 oz spoodle)

NUTRIENTS	AMOUNT
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Calories	136
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Total Fat	1 g
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Saturated Fat	0 g
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Cholesterol	0 g
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Sodium	55 mg
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Total Carbohydrate	23 g
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Dietary Fiber	2 g
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Total Sugars	20 g
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Added Sugars	N/A
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Protein	0 g
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Vitamin A	15580 IU
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Vitamin C	5 mg
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Calcium	28 mg
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Iron	0 mg
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N/A=no information available

Source:

USDA Standardized Recipes Project - 2024

NOTES

Cooking Process #2: Same Day Service.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lbs	About 12 lbs
About 1 gal 1 qt/1 steam table pan (12" x 20" x 2 ½").	About 2 gal 2 qt/2 steam table pans (12" x 20" x 2 ½").