

# Basil Carrots

Vegetables/Fruits

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Source: Adapted from Florida Child Care Food Program Cookbook 2007

Ingredients	25 Servings		50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, Frozen, Sliced		10 cups		20 cups		40 cups	1. Cook carrots and dried basil in covered pot in water for time specified on package.
Basil, Dried, Crushed		2 ½ tsp		1 Tbsp 2 tsp		3 Tbsp 1 tsp	2. Stir well. Cook until tender.

Serving:	Yield:	Volume:
1 serving (1/4 cup) provides the equivalent of 1 fruit/vegetable.	<b>25 Servings:</b>	<b>25 Servings:</b>
	50 Servings:	50 Servings:
	<b>100 Servings:</b>	<b>100 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	20	<b>Saturated Fat</b>	0 g
<b>Protein</b>	0 g	<b>Cholesterol</b>	0 mg
<b>Carbohydrate</b>	4 g	<b>Vitamin A</b>	5769 IU
<b>Total Fat</b>	0 g	<b>Vitamin C</b>	1.37 mg
<b>Calories from Fat</b>	0 g (0%)	<b>Iron</b>	0.28 mg
		<b>Calcium</b>	21.39mg
		<b>Sodium</b>	35 mg
		<b>Dietary Fiber</b>	2 g