



# Orange Glazed Carrots USDA Recipe for Schools

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

**NSLP/SBP CREDITING INFORMATION**

1/3 cup (No. 12 scoop) provides 1/4 cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	4 oz	1/2 cup	8 oz	1 cup	<b>1</b> Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.
Brown sugar	1 lb 10 oz	3 1/4 cups	3 lb 4 oz	1 qt 2 1/2 cups	
Orange juice, concentrated, frozen, thawed		2 cups		1 qt	<b>2</b> Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.
Water		2 cups		1 qt	
Vanilla extract		2 Tbsp		1/4 cup	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground nutmeg		2 tsp		1 Tbsp 1 tsp	
Frozen carrots, thawed, sliced, drained	6 lb 8 oz	1 gal 3 1/3 cups 2 tsp		2 gal 1 qt 2 2/3 cups 1 Tbsp 1 tsp	<b>3</b> Fold in carrots and craisins. Bring to a boil for 3–4 minutes.
Dried Cranberries	1 lb	3 cups 3 Tbsp 1 tsp	13 lb	1 qt 2 1/4 cups 2 Tbsp 2 tsp	
Cornstarch		3 Tbsp 1 tsp	2 lb	1/4 cup 2 Tbsp 2 tsp	<b>4</b> Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.
					<b>5</b> Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					<b>6</b> 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 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>7</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>8</b> Portion with No. 12 scoop (1/3 cup).



## NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>137</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>55 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	3 g
Total Sugars	26 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
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

50 Servings	100 Servings
About 8 lb 14 oz	About 17 lb 12 oz
About 1 gal 1 3/4 cups/2 steam table pans (12" x 20" x 2 1/2")	About 2 gal 3 1/2 cups/4 steam table pans (12" x 20" x 2 1/2")