Arlington School District

Recipe Sizing Report

Oct 30, 2019

000675 - * CARROTS, BABY ~ 1/2 CUP :

HACCP Process: #1 No Cook Number of Portions: 1 Size of Portions: 6 CARROTS Alternate Recipe Name: BABY CARROTS

Page 1

902674 * CARROTS, BABY... 1/2 cup

*Nutrients are based upon 1 Portion Size (6 CARROTS)

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Calories	25	kcal	Cholesterol	0	mg	Sugars	*N/A*	g	Calcium	20.00	mg	0.00%	Calories from Total Fat
Total Fat	0.00	g	Sodium	55	mg	Protein	0.00	g	Iron	0.72	mg	0.00%	Calories from Sat Fat
Sat Fat	0.00	g	Carbs	6.00	g	Vitamin A	9500.0	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	D. Fiber	2.00	g	Vitamin C	2.4	mg	Ash ¹	*N/A*	g	96.00%	Calories from Carbs
												0.00%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient													
* - denotes combined nutrient totals with either missing or incomplete nutrient data													
1													

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.