



USDA Commodity Carrots, IQF, 30 Lb Bag, 1/Case

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#150390 | GTIN: 10715001010992| 30 Pounds/Bag, 1 Bag/Case

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### Basic Preparation

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT OR STEAM-JACKETED KETTLE: ADD FROZEN CARROTS TO BOILING WATER. IF DESIRED, ADD 1 TSP SEASONING FOR EACH 100 SERVINGS OF VEGETABLE. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN. STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. IF DESIRED, SPRINKLE 1TSP OF SEASONING OVER EACH 100 SERVINGS OF VEGETABLE AND STIR TO COMBINE. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET. SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

### Item Yield

1 Case = 480 Ounces of Carrots, IQF

### Shelf Life

365 days

### Packaging & Storage

#### Weight

30.00 lb

#### Dimensions

9.50 x 11.00 x 17.50 inches / 24.13 x 27.94 x 44.45 cm

### Vendor

Name: USDA Commodities USDA COMMODITIES

Item #: 100352

### Ingredients

Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA Commodity Fact Sheets as of November 2019. For more information please visit: <https://www.fns.usda.gov/fdd/nslp-usda-foods-product-information-sheets> (<https://www.fns.usda.gov/fdd/nslp-usda-foods-product-information-sheets>). Reference USDA code: 100352. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

AP Carrots, Slcd, Frozen, Comm

Rounding: True

<b>Nutrition Facts</b>	
<b>Serving Size</b>	0.5 cup (73g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat n/a	
MonoUnsat Fat n/a	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Fiber 2g	8%
Total Sugars 3g	
Includes n/a Added Sugars	n/a
<b>Protein</b> 0g	<b>0%</b>
<b>Vitamin D</b> mcg n/a	<b>n/a</b>
<b>Calcium</b> n/a	<b>n/a</b>
<b>Iron</b> n/a	<b>n/a</b>
<b>Potassium</b> n/a	<b>n/a</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### School Equivalents

Serving Size 1/2 Cup Ckd

### Minerals

Phosphorous n/a

### Fat Soluble Vitamins

Vitamin E mg n/a

Meat/Meat Alternative	n/a
Fruit	n/a
Grain/Breads	n/a
Red/Orange	0.5 cup
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	No PFS on file

Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Vitamin K	n/a
Vitamin A IU	n/a
<b>Water Soluble Vitamins</b>	
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin C	n/a
Vitamin B6	n/a
Vitamin B12	n/a

Movement

Below is your Quantity Order History

WEEK OF	DAY	CASE
03/17/2024	Tue 03/19/2024	5
03/10/2024		0
03/03/2024		0
02/25/2024	Fri 03/01/2024	5
02/18/2024		0
02/11/2024		0

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