

Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 20, 2013

000105 - School Food Roasted Carrots :

HACCP Process: #2 Same Day Service

Number of Portions: 32

Size of Portions: 1/2 cup portion

| | |
|----------------------------|----------------|
| 011124 CARROTS,RAW..... | 8 LBS (a/p) |
| 050385 OIL, VEGETABLE..... | 1/4 cup |
| 799906 THYME LEAF,DRIED.. | 2 TSP (leaves) |
| 002047 SALT..... | 1 Tbsp |
| 002030 PEPPER..... | 1/2 Tbsp |

Wash and trim carrots. Peel as needed.

Pre-heat convection oven to 350°F (400°F for conventional oven)

1. Cut carrots into 1 inch chunks or into 1/4 inch coins, using mechanized cutting equipment for high volume quantities

2. In a large bowl or hotel pan, toss carrots with oil, thyme, salt and pepper.

3. Spread carrots on lined sheet trays in a single layer. Do not overcrowd.

If doing smaller batches, toss carrots, oil, thyme, salt and pepper directly on parchment paper lined sheet pans and spread into a single layer.

4. Roast in preheated oven. Check carrots after 25 minutes. Continue roasting for 5-10 minutes if necessary, until carrots are slightly caramelized and tender. Serve hot or chill to serve on salad bar according to HACCP SOP.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

EQUIPMENT:

1-Chef's knife, cutting board and slip mat

OR mechanized cutting equipment if producing in volume (Hobart/Robot-coupe)

1-Peeler (optional)

1-Liquid measuring cups

1-Mixing bowl or 600 hotel pan

*Nutrients are based upon 1 Portion Size (1/2 cup portion)

| | | | | | | | | | |
|-----------|---------|-------------|--------|-----------|-----------|---------|----------|--------|-------------------------|
| Calories | 48 kcal | Cholesterol | 0 mg | Protein | 0.75 g | Calcium | 27.96 mg | 35.64% | Calories from Total Fat |
| Total Fat | 1.90 g | Sodium | 276 mg | Vitamin A | 2233.2 RE | Iron | 0.33 mg | 5.52% | Calories from Sat Fat |

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.

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| | | | | | | | | | |
|------------------------|----------|----------|--------|-----------|------------|--------------------|-----------|---------|-------------------------|
| Sat Fat | 0.29 g | Carbs | 7.71 g | Vitamin A | 13347.3 IU | Water ¹ | *70.10* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ¹ | *0.00* g | D. Fiber | 2.27 g | Vitamin C | 4.7 mg | Ash ¹ | *1.35* g | 64.21% | Calories from Carbs |
| | | | | | | | | 6.28% | 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 - denotes optional nutrient values

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