

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned sliced carrots, drained OR Frozen sliced carrots	5 lb 2 oz OR 4 lb 8 oz	3 qt (1 ¼ No. 10 cans) OR 1 gal	10 lb 4 oz OR 9 lb	1 gal 2 qt (2 ½ No. 10 cans) OR 2 gal	<p>1. If using frozen carrots, steam for 4 minutes.</p> <p>2. Place 5 lb 2 oz (3 qt) carrots into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>3. For glaze: Combine margarine or butter, sugar, orange juice concentrate, nutmeg (optional), and cinnamon. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.</p> <p>4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).</p> <p>5. Pour 2 ¾ cups glaze over each pan of carrots. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher.</p> <p>6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).</p>
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Sugar	5 ½ oz	¾ cup 1 Tbsp	11 oz	1 ½ cups 2 Tbsp	
Frozen orange juice concentrate	7 oz	¾ cup	14 oz	1 ½ cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Water, cold		1 cup		2 cups	
Cornstarch		2 Tbsp 2 tsp		⅓ cup	
Dehydrated plums (prunes), chopped (optional) OR Raisins (optional)	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	10 oz OR 10 oz	1 ¾ cups OR 1 cup	

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

SERVING:

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

YIELD:

50 Servings: about 5 lb 13 oz
1 steamtable pan

100 Servings: about 11 lb 10 oz
2 steamtable pans

Tested 2004

VOLUME:

50 Servings: 1 gallon 3/4 cup

100 Servings: 2 gallons 1 1/2 cup

Nutrients Per Serving

Calories	48	Saturated Fat	0.39 g	Iron	0.33 mg
Protein	0.42 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	7.65 g	Vitamin A	6496 IU	Sodium	134 mg
Total Fat	1.92 g	Vitamin C	6.8 mg	Dietary Fiber	0.8 g