

# Orange Glazed Carrots

Vegetable

Vegetables

I-13A

| Ingredients   | 50 Servings                  |  | 100 Servings             |  | Directions   |
|---|------------------------------|--|--------------------------|--|--|
|   | Weight                       | Measure                                  | Weight                   | Measure  |  |
| Canned sliced carrots, drained<br>OR<br>Frozen sliced carrots             | 5 lb 2 oz<br>OR<br>4 lb 8 oz | 3 qt<br>(1 ¼ No. 10 cans)<br>OR<br>1 gal | 10 lb 4 oz<br>OR<br>9 lb | 1 gal 2 qt<br>(2 ½ No. 10 cans)<br>OR<br>2 gal | 1. If using frozen carrots, steam for 4 minutes.   |
|   |                              |  |                          |  | 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.   |
| Margarine or butter   | 4 oz                         | ½ cup                                    | 8 oz                     | 1 cup  | 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. |
| 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)<br>OR<br>Raisins (optional) | 5 oz<br>OR<br>5 oz           | ¾ cup 2 Tbsp<br>OR<br>1 cup              | 10 oz<br>OR<br>10 oz     | 1 ¾ cups<br>OR<br>1 cup                        |  |
|   |                              |  |                          |  | 4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).  |
|   |                              |  |                          |  | 5. Pour 2 ¾ cups glaze over each pan of carrots. Bake:<br>Conventional oven: 375° F for 20-30 minutes<br>Convection oven: 325° F for 15-20 minutes<br><br>CCP: Heat to 140° F or higher. |
|   |                              |  |                          |  | 6. CCP: Hold for hot service at 135° F or higher.<br><br>Portion with No. 12 scoop (⅓ cup).  |

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## SERVING:

⅓ cup (No. 12 scoop) provides ¼ 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 ¾ cup

**100 Servings:** 2 gallons 1 ½ cup

## Nutrients Per Serving

**Calories** 48  
**Protein** 0.42 g  
**Carbohydrate** 7.65 g  
**Total Fat** 1.92 g

**Saturated Fat** 0.39 g  
**Cholesterol** 0 mg  
**Vitamin A** 6496 IU  
**Vitamin C** 6.8 mg

**Iron** 0.33 mg  
**Calcium** 14 mg  
**Sodium** 134 mg  
**Dietary Fiber** 0.8 g