



# USDA Foods in Schools

## 110480 - Carrots, Diced, No Salt Added, Frozen

Category: **Vegetables**

Subgroup: **Red/Orange**



### Product Description

- This item is Grade A frozen carrots that are diced into 3/8-1/2 inch cubes. This product is delivered frozen in a 30 pound bulk case.

### Crediting/Yield

- One case yields 148 1/2-cup servings of cooked, drained carrots.
- CN Crediting: 1/2 cup cooked, drained carrots credits as 1/2 cup red/orange vegetable.

### Culinary Tips and Recipes

- Carrots can be added to many foods such as soups, stir fries, fried rice, or cooked with spices and served as a flavorful side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

### Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

## Nutrition Facts

Serving size: 1/2 cup (73g) carrots, frozen, cooked, drained, without salt

### Amount Per Serving

**Calories** 27

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 43mg

**Total Carbohydrate** 6g

Dietary Fiber 2g

Sugars 3g

**Protein** 0g

Source: [USDA FoodData Central](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.