

# Honey Glazed Carrots with Butter Buds®

**Group: Vegetables**

Number of portions: **80**

Size of portions: **1/2 Cup**



## INGREDIENTS

## MEASURE

Buttermist® Food & Pan Spray

Carrots

20 lb.

Butter Buds, Dry

1 1/4 Cup (4 oz. Bag)

Hot Tap Water

1 qt.

Honey

1 Cup

Cinnamon

2 1/2 tsp.

Spray two full pans with Buttermist.

Cook carrots by preferred method and drain any water. Put carrots into prepared pans.

Mix Butter Buds with hot tap water and whisk to reconstitute.

Add honey and cinnamon to Butter Buds sauce. Whisk to blend.

Pour Butter Buds mixture over carrots.

Bring to temperature for serving.

## Nutritional Information

Nutrients are based upon 1 Portion Size (1/2 Cup)

|                              |         |                      |           |                    |             |                            |          |                                    |
|------------------------------|---------|----------------------|-----------|--------------------|-------------|----------------------------|----------|------------------------------------|
| <b>Calories</b>              | 63 kcal | <b>Cholesterol</b>   | 0 mg      | <b>Protein</b>     | 0.68 g      | <b>Calcium</b>             | 43.44 mg | 11.07% Calories from Total Fat     |
| <b>Total Fat</b>             | 0.77 g  | <b>Sodium</b>        | 123.59 mg | <b>Vitamin A</b>   | 3770.79 RE  | <b>Iron</b>                | 0.64 mg  | 1.96% Calories from Saturated Fat  |
| <b>Saturated Fat</b>         | 0.14 g  | <b>Carbohydrate</b>  | 13.95 g   | <b>Vitamin A</b>   | 18854.30 IU | <b>Water<sup>1</sup> *</b> | 12.59* g | *0.00%* Calories from Trans Fat    |
| <b>Trans Fat<sup>1</sup></b> | *0.00 g | <b>Dietary Fiber</b> | 22.62 g   | <b>Vitamin C *</b> | 2.67 mg     | <b>Ash<sup>1</sup></b>     | *0.03* g | 88.69% Calories from Carbohydrates |
|                              |         |                      |           |                    |             |                            |          | 4.332% Calories from Protein       |

### Allergens

Contains milk

\*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

<sup>1</sup> - denotes optional nutrient values

HACCP Process: #2 Same Day Service

11.5.14

