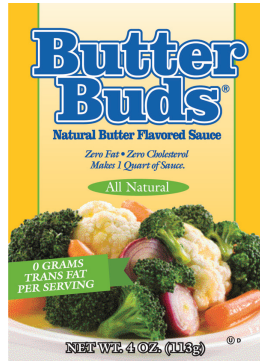


Cinnamon Honey Glazed Carrots



Low in fat
Zero trans fat
Zero cholesterol

Cinnamon Honey Glazed Carrots

Number of portions: **39** Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Carrots, frozen or fresh	8 lbs	Place carrots into steamer pan and steam until carrots are the desired consistency.
Butter buds sauce mix, dry	4 oz (pkg)	Combine packet of Butter Buds with hot tap water. Add honey and cinnamon. Stir until completely combined. Pour over steamed carrots. CCP: Hold for hot service at 135° F or higher
Water, tap	4 cups 8 fl oz	
Honey	1 cup	
Cinnamon, ground	2 1/2 tbsp	

Nutritional Information

Calories	76	Iron	0.48 mg	Protein	0.77 g	4.07% Calories from protein
Cholesterol	0 mg	Calcium	39.11 mg	Carbohydrates	17.77 g	94.11% Calories from carbohydrates
Sodium	173 mg	Vitamin A	13222. IU	Total Fat	0.43 g	5.16% Calories from total fat
Dietary Fiber	3.32 g	Vitamin A	1980.1 RE	Saturated Fat	0.05 g	0.54% Calories from saturated fat
		Vitamin C	2.39 mg	Trans fat	0.00* g	% Calories from trans fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data