

BUTTER BUDS®

CINNAMON HONEY GLAZED CARROTS

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

Carrots, frozen or fresh 8 lbs Place carrots into steamer pan and steam until carrots are the desired consistency.

Butter Buds® , dry mix	4 oz pkg	Combine packet of Butter Buds® with hot tap water.
Water, tap	4 cups, 8 floz	Add honey and cinnamon. Stir until completely combined.
Honey	1 cup	Pour over steamed carrots.
Cinnamon, ground	2 ½ tbsp	CCP: Hold for hot service at 135° F or higher

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*