



## CARROTS, BABY, FRESH

Date: November 2012

Code: 900115

### PRODUCT DESCRIPTION

- Fresh baby carrots are U.S. No. 1 or better.

### PACK/YIELD

- Fresh baby carrots come in a 1-pound bag and are ready-to-eat. There are about 48 baby carrots in 1 pound.

### STORAGE

- Baby carrots should be stored in the refrigerator in a plastic bag, loosely tied or knotted.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Some pre-cut, bagged produce like baby carrots are pre-washed. If so, it will be stated on the package. Pre-washed, bagged produce can be used without more washing.
- If you like, you can wash carrots again just before using. After opening, loosely tie bag and store remaining carrots in the refrigerator.
- To bake or roast: Baby carrots can be roasted whole or cut into halves lengthwise. Place carrots on a baking sheet coated with cooking spray and cook at 400 degrees F for 25 to 30 minutes or until browned and just soft.
- To microwave: Cut carrots into slices or halves and place in a microwave-safe dish. Add 3 tablespoons of water. Cover and cook on high for 10 minutes. Stir halfway through cooking time.
- To boil: Add to boiling water and cook on low heat for about 8 to 10 minutes.

### USES AND TIPS

- Baby carrots can be eaten raw or cooked.
- Baby carrots can be eaten plain as a snack or an appetizer, and sliced or chopped to add to salads.
- Baby carrots make a great snack with low-fat dips or salad dressings.
- Baby carrots can be cooked using many different methods, and can be eaten as a side dish on their own or cooked with other vegetables.

- Baby carrots can be added to other dishes like stir-fries, casseroles, omelets, soups, and stews.

### NUTRITION INFORMATION

- 6 baby carrots count as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of baby carrots provides more than a day’s worth of vitamin A.

### FOOD SAFETY INFORMATION

- Keep baby carrots that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with meat, poultry, or seafood.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (70g) baby carrots

#### Amount Per Serving

**Calories** 25      **Calories from Fat** 0

#### % Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 55mg      **2%**

**Total Carbohydrate** 6g      **2%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein** 0g

Vitamin A 190%      Vitamin C 4%

Calcium 2%      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## SPICED BABY CARROTS

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 3 cups water
- ½ teaspoon cumin (if you like)
- ½ teaspoon cinnamon
- 1 pound baby carrots
- 2 tablespoons margarine
- 3 tablespoons brown sugar (or regular sugar)
- ⅛ teaspoon salt
- 2 teaspoons lemon juice

### Directions

1. In a medium-size sauce pan, bring water and cinnamon to a boil. If using cumin, add that too.
2. Add carrots and cook until soft but not mushy, about 5 minutes. Drain well and return the carrots to the pan.
3. Add margarine, brown sugar, salt, and lemon juice to the carrots and stir.
4. Cook 3 to 4 minutes or until the liquid is thick like syrup.

<b>Calories</b>	110	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	10 g	<b>Vitamin C</b>	4 mg
<b>Calories from Fat</b>	50	<b>Sodium</b>	170 mg	<b>Protein</b>	1 g	<b>Calcium</b>	54 mg
<b>Total Fat</b>	6 g	<b>Total Carbohydrate</b>	14 g	<b>Vitamin A</b>	840 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	3 g				

*Recipe adapted from USDA, FNS, Food Distribution Division, 2009.*

## SIMPLE ROASTED BABY CARROTS

**MAKES 6 SERVINGS**

### Ingredients

- 1 pounds baby carrots
- 2 tablespoon vegetable oil (or use olive oil)
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### Directions

1. Preheat oven to 450 degrees F.
2. Mix together carrots, vegetable oil, garlic powder, salt, and pepper.
3. Spread mixture on a baking pan.
4. Roast for 10 minutes, remove from oven, and stir
5. Return to oven and roast for 10 more minutes or until just soft.

<b>Calories</b>	50	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	2 mg
<b>Calories from Fat</b>	20	<b>Sodium</b>	160 mg	<b>Protein</b>	1 g	<b>Calcium</b>	25 mg
<b>Total Fat</b>	2.5 g	<b>Total Carbohydrate</b>	6 g	<b>Vitamin A</b>	522 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from Food.com*