

LYONS  
**THICK  
& EASY®**

# Brown Sugar Cinnamon Carrots





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## INGREDIENTS

	1 Serving	6 Serving	12 Serving
<b>THICK &amp; EASY® Bulk Pureed Carrots</b> Item: 34332	1/3 cups	1-2 lb bag (2 cups)	2-2 lb bags (4 cups)
Brown sugar	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Butter	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Cinnamon	Dash	1/4 tsp	1/2 tsp

## NUTRITION

**Serving Size:**  
~ 1/3 cup  
**Calories:** 100  
**Total Fat:** 2.5g  
**Saturated Fat:** 2.5g  
**Trans Fat:** 0g  
**Cholesterol:** 5mg  
**Sodium:** 110mg  
**Total Carbs:** 10g  
**Dietary Fiber:** 3g  
**Total Sugars:** 6g  
**Added Sugars:** 3g  
**Protein:** 0g  
**Calcium:** 0% DV  
**Vitamin D:** 0% DV  
**Iron:** 2% DV  
**Potassium:** 0% DV

## DIRECTIONS

1. Prepare **THICK & EASY® Bulk Pureed Carrots** per package directions.
2. Add brown sugar, butter and cinnamon to carrots and stir well.
3. Portion 1/3 cup of carrots onto serving dish.
4. Garnish with a light sprinkling of brown sugar and cinnamon, if desired.