



Brown Sugar Cinnamon Carrots





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IDDSI LEVELS 4 5 6

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

INGREDIENTS

	1 Serving	6 Serving	12 Serving
Thick & Easy® Pureed Pureed Carrots 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

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.