

2 Parslied Carrots 10

Number of Servings: 10 (110.36 g per serving)

Amount	Measure	Ingredient
2 3/8	lb	Carrots, fzn, slices
1/4	tsp	Salt, table
5.00	tsp	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
5.00	tsp	Parsley, dried

Nutrients per serving

Nutrition Facts			
Serving Size (110g)			
Servings Per Container			
Amount Per Serving			
Calories 60	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 150mg	6%		
Total Carbohydrate 9g	3%		
Dietary Fiber 4g	16%		
Sugars 5g			
Protein 1g			
Vitamin A 240%	• Vitamin C 4%		
Calcium 4%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Instructions

Cook covered frozen carrots until just tender with salt in small amount of liquid. Drain off most liquid. Add margarine and parsley and toss lightly and serve.

1 serving = 1/2 cup = 4 oz spoodle = 1 serving vegetables

1/2 cup = 9 grams carbohydrate = 1/2 Carb Serving

Notes