MEAL COMPONENT CONTRIBUTION:
½ cup red/orange vegetable

NUMBER OF PORTIONS: 24  SIZE OF PORTION: 2/3 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT  MEASURE (FOR 24 SERVINGS)

Carrots, Sliced, Low Sodium, #10 Can, #2807  1 #10 can(s) + 4 1/3 cup(s)
Margarine, Bulk, #1319  1 1/3 cup(s)
Eggs, Whole, Fresh, #1318  8 egg(s)
Flour, All Purpose, Enriched, #2011  2/3 cup(s)
Baking Powder, Double Acting, #2000  1 tablespoon(s) + 1 teaspoon(s)
Sugar, Granulated, #2027  2 cup(s)
Cinnamon, Ground, #2704  1 tablespoon(s)
Flavoring, Vanilla, Imitation, #2010  1 tablespoon(s) + 1 teaspoon(s)

DIRECTIONS
1. Drain canned carrots.
2. Mix all ingredients together in food processor or mixer depending on volume. Pour into steamtable pan sprayed with food release spray.
   CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Cover pans with plastic wrap and store in warmer until ready for service.
   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
5. Portion with #6 scoop per serving. Each portion provides ½ cup red/orange vegetable.
   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES
Use USDA Foods or Department of Defense (DOD) foods when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>220</td>
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<tr>
<td>Carbohydrates</td>
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<tr>
<td>Dietary Fiber</td>
<td>1.81 g</td>
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<tr>
<td>Protein</td>
<td>3.46 g</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Sat. Fat</td>
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<tr>
<td>Trans Fat</td>
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</tbody>
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Source: MRS 2017

MRS: 1130 – Vegetables (1000s)

CARROT SOUFFLE (CANNED)

UPDATED: 2/2/17
DEVELOPED BY THE MISSISSIPPI DEPARTMENT OF EDUCATION, OFFICE OF CHILD NUTRITION PROGRAMS
ILLUSTRATED STEPS FOR PREPARATION OF CARROT SOUFFLE (CANNED)

1. Ingredients mixed together in food processor
2. Steamtable pan of Carrot Souffle
3. Baked Carrot Souffle
4. 1 serving of Carrot Souffle