

Carrots

Allergens – N/A

Ingredients

| Quantity | Ingredient |
|----------|------------------|
| 1kg | Carrots (sliced) |



Method

1. Cook as per manufactures instruction

Nutritional Content per 100g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 26.2 | = 0.4 | = 0.0 | = 4.8 | = 0.0 | = 5.2 |

Portion size - Primary - 50g

Reviewed April 2018