

Carrots

Allergens – N/A

Ingredients

| Quantity | Ingredient |
|----------|-------------------------|
| 500 g | Carrots (sliced) |
| 500 g | Peppers, Mixed (sliced) |



Method

1. Clean carrots and peppers.
2. Slice into sticks.
3. Chill until service.

Nutritional Content per 50g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 20.3 | = 0.3 | = 0.0 | = 3.6 | = 0.0 | = 3.8 |

Portion size - Primary - 50g

Reviewed May 2019