

# Grated Carrots

Allergens – N/A

## Ingredients

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| Quantity | Ingredient |
|----------|------------|
| 1 kg     | Carrots    |



## Method

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1. Wash the carrots thoroughly.
2. Peel and grate the carrots.
3. Refrigerate prior to service.
4. Arrange in an attractive manner in serving dish.

### Nutritional Content per 50g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 12.3        | = 0.1   | = 0.0              | = 2.6     | = 0.0     | = 2.8     |

**Portion size** - Primary - 50g