

# 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