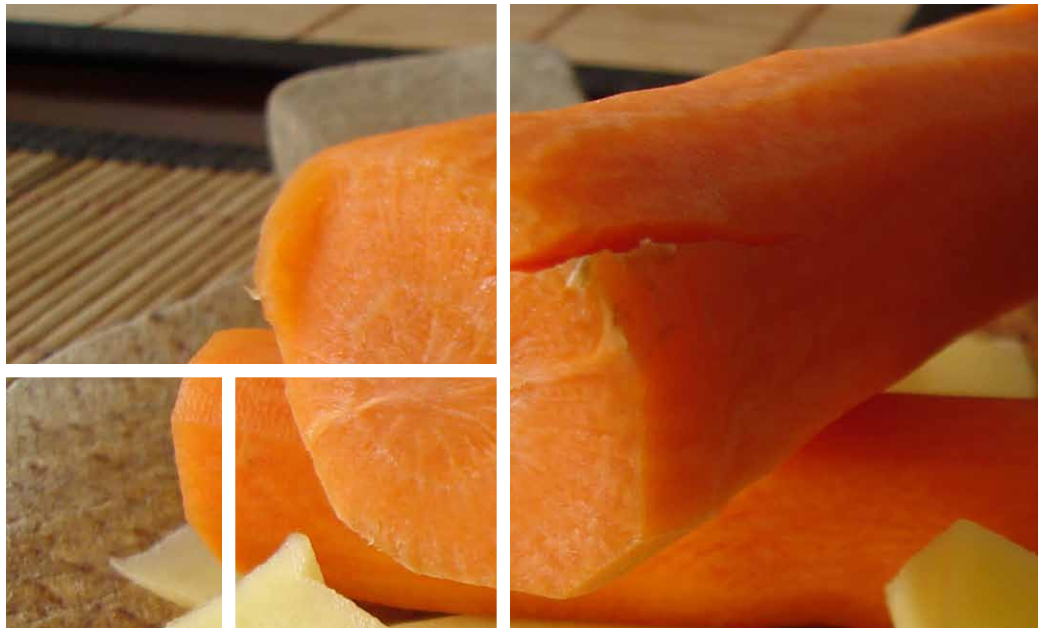


# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## CARROT BREAD

ACF Central Arkansas Chapter

SERVINGS PER RECIPE: 12



### Ingredients:

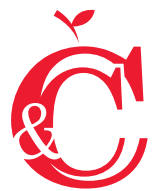
- 2 cups shredded carrots
- 1 ½ cups sugar
- 1 cup vegetable oil
- 1 cup unsweetened applesauce
- 2 teaspoons vanilla extract
- 3 eggs
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ½ teaspoon salt

### Directions:

1. Wash, trim, peel and grate enough carrots to yield 2 cups.
2. In a medium bowl, beat sugar, oil, applesauce, vanilla and eggs until well-blended.
3. Sift flour with baking soda, cinnamon and salt.
4. Blend into applesauce mixture.
5. Blend in carrots.
6. Turn into greased or sprayed 9"x5" pan.
7. Bake at 350 degrees for 45 minutes or until a toothpick inserted in center comes out clean.
8. Cool on rack before removing from pan and slicing.

*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size (112g)		<b>Total Fat</b> 20g	<b>31%</b>	<b>Total Carb</b> 42g	<b>14%</b>
Servings Per Container		Sat. Fat 3g	15%	Fiber 1g	4%
<b>Calories</b> 350		Trans Fat 0g		Sugars 28g	
Fat Cal. 170		<b>Cholest.</b> 55mg	<b>18%</b>	<b>Protein</b> 3g	
		<b>Sodium</b> 230mg	<b>10%</b>		
		*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
		Vitamin A 60% • Vitamin C 10% • Calcium 2% • Iron 6%			



CHEF & CHILD  
foundation  
AMERICAN CULINARY  
FEDERATION

