

# Californian Blend-GFS#610891

<b>Servings:</b>	96.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Vegetable blend of broccoli, cauliflower, & carrots

## Nutrition Information

<b>Calories</b>	12.32	<b>Protein</b>	0.99g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.46g	<b>Fiber</b>	0.99g
<b>Sugar</b>	0.99g	<b>Sodium</b>	17.25mg
<b>Iron</b>	0.35mg	<b>Vitamin C</b>	10.06mg
<b>Vitamin A</b>	369.67IU	<b>Calcium</b>	19.72mg

## Ingredients

### 384 Fluid Ounce VEG BLEND CALIF 6-4# GFS

1. Place frozen vegetables in 6" steam table pan
2. Place in steamer for 6-8 minutes or until tender.

DO NOT OVER COOK-VEGETABLES SHOULD NOT BE MUSHY!

## Preparation Instructions

SERVING SIZE: 1/2 CUP (#8 SCOOP)