

# K-6 Prince Charles Vegetable Blend

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 96.00            |
| <b>Serving Size:</b>  | 1.00 Serving     |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Vegetable        |
| <b>HACCP Process:</b> | Same Day Service |

Prince Charles Blend: Grn Beans, Whole wax beans, baby carrots

## Nutrition Information

|                      |          |                     |         |
|----------------------|----------|---------------------|---------|
| <b>Calories</b>      | 23.33    | <b>Protein</b>      | 0.67g   |
| <b>Fat</b>           | 0.00g    | <b>SaturatedFat</b> | 0.00g   |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 0.00mg  |
| <b>Carbohydrates</b> | 3.33g    | <b>Fiber</b>        | 1.33g   |
| <b>Sugar</b>         | 1.33g    | <b>Sodium</b>       | 13.33mg |
| <b>Iron</b>          | 0.24mg   | <b>Vitamin C</b>    | 2.40mg  |
| <b>Vitamin A</b>     | 500.00IU | <b>Calcium</b>      | 13.33mg |

## Ingredients

| Measurement | DistPart # | Description                    | Preparation Instructions   |
|-------------|------------|--------------------------------|--|
| 48 Cup      | 101524     | VEG BLND PRNC CHARLES 12-2 GFS | Place frozen vegetables in 6" steam table pan, add 1-2 cups water and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. |

## Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop