

K-6 Scandinavian Vegetable Blend

Servings:	96.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Scandinavian Blend: green peas, zucchini, carrots, green beans & Onions

Nutrition Information

Calories	26.67	Protein	1.33g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	4.67g	Fiber	1.33g
Sugar	2.00g	Sodium	13.33mg
Iron	0.24mg	Vitamin C	2.40mg
Vitamin A	500.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 Cup	329088	VEG BLND SCANDINAVIAN 12-2 GFS	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.

Preparation Instructions

1 Serving per student

1/2 cup (4oz) use 1/2 cup slotted spoodle or #8 scoop