

K-6 Kyoto Vegetable Blend

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

Kyoto Blend: soybeans, broccoli, carrots, yellow corn & red pepper strips

Nutrition Information

Calories	0.83	Protein	0.03g
Fat	0.02g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.08g	Fiber	0.02g
Sugar	0.03g	Sodium	0.21mg
Iron	0.01mg	Vitamin C	0.16mg
Vitamin A	7.81IU	Calcium	0.42mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	147260	VEG BLND KYOTO 6-2.5 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