

K-6 Capri Vegetable Blend

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

Capri Blend: green beans, carrots, zucchini & yellow squash

Nutrition Information

Calories	16.67	Protein	0.67g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.67g	Fiber	0.67g
Sugar	1.33g	Sodium	13.33mg
Iron	0.00mg	Vitamin C	0.80mg
Vitamin A	666.67IU	Calcium	13.33mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 Cup	610841	VEG BLEND CAPRI 6-4 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