

# K-6 Key West 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

Key West Blend: green beans, carrots, yellow carrots & red pepper strips

## Nutrition Information

<b>Calories</b>	22.73	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	4.55g	<b>Fiber</b>	1.52g
<b>Sugar</b>	2.27g	<b>Sodium</b>	26.52mg
<b>Iron</b>	0.55mg	<b>Vitamin C</b>	4.55mg
<b>Vitamin A</b>	757.58IU	<b>Calcium</b>	15.15mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 Cup	164090	VEG BLND KEY WEST 6-4 FLAVRPAC	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