

K-6 Caribbean Vegetable Blend

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

Caribbean Blend: broccoli, yellow carrots, green beans & red pepper strips

Nutrition Information

Calories	17.50	Protein	0.50g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.00g	Fiber	1.00g
Sugar	1.50g	Sodium	15.00mg
Iron	0.36mg	Vitamin C	9.00mg
Vitamin A	50.00IU	Calcium	10.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 Cup	101740	VEG BLND CARIBB 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