

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	40.00	Protein	1.50g
Fat	1.00g	SaturatedFat	0.25g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	4.00g	Fiber	1.00g
Sugar	1.50g	Sodium	10.00mg
Iron	0.36mg	Vitamin C	7.50mg
Vitamin A	375.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 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