

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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California Blend

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NO IMAGE

Servings:	64.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	11 3/4 Pound		285740
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 11/12 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 8/13 Tablespoon	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.11		
Fat	1.37g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	3.75mg		
Sodium	25.85mg		
Carbohydrates	2.92g		
Fiber	1.46g		
Sugar	0.97g		
Protein	0.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	14.60mg	Iron	0.49mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes