

Pepper&Zuchinni Slices

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW	1/4 Cup		266985
ZUCCHINI MED	1/4 Cup		198927

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	20.00		
Fat	0.13g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.50mg		
Carbohydrates	2.25g		
Fiber	1.30g		
Sugar	1.56g		
Protein	0.88g		
Vitamin A	1265.00IU	Vitamin C	56.35mg
Calcium	7.90mg	Iron	0.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
