

# carrot and celery sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44838

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	1/4 Cup		510637
CELERY STIX	1/4 Cup		781592

## Preparation Instructions

- Hold cold foods at 41 °F or below

Serve in 4oz tray

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	29.75
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	80.00mg
<b>Carbohydrates</b>	6.84g
<b>Fiber</b>	2.78g
<b>Sugar</b>	3.68g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 10700.00IU	<b>Vitamin C</b> 3.90mg
<b>Calcium</b> 38.68mg	<b>Iron</b> 0.18mg

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

### Nutrition - Per 100g

No 100g Conversion Available