

# Garden Bar

NO IMAGE

<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9661

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	0 Cup		735787
PEPPERS GREEN LRG	0 Cup		592315
PEPPERS YELLOW 20CT AVG	0 Each		439746
PEPPERS RED	0 Cup		597082
BROCCOLI CRWN ICELESS	0 Cup		704547
CAULIFLOWER BITE SIZE	0 Cup		732486
CUCUMBER SUPER SELECT	0 Cup		592323
CARROT BABY WHL CLEANED	0 Ounce		510637
TOMATO CHERRY 11 MRKN	0 Cup		569551
RADISH SLCD 1/8IN	0 Cup		212733

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.100
<b>RedVeg</b>	0.300
<b>OtherVeg</b>	0.450
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	34.39
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	28.52mg
<b>Carbohydrates</b>	7.74g
<b>Fiber</b>	2.23g
<b>Sugar</b>	3.47g
<b>Protein</b>	1.24g
<b>Vitamin A</b> 4989.75IU	<b>Vitamin C</b> 88.29mg
<b>Calcium</b> 27.01mg	<b>Iron</b> 0.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available