

Cucumber and Baby Tomato



| | | | |
|----------------------|----------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44837 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| TOMATO GRAPE 10 COMM | 3 Each | | 749041 |
| CUCUMBER SELECT | 1/2 Cup | | 418439 |

Preparation Instructions

Wash cucumber and tomato. • Hold cold foods at 41 °F or below Serve in 4 ounce tray

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.500 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 7.80 | | |
| Fat | 0.10g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.00mg | | |
| Carbohydrates | 2.00g | | |
| Fiber | 0.30g | | |
| Sugar | 1.00g | | |
| Protein | 0.30g | | |
| Vitamin A | 54.60IU | Vitamin C | 1.46mg |
| Calcium | 8.32mg | Iron | 0.15mg |

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

Nutrition - Per 100g

No 100g Conversion Available