

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	2 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	0.333
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