

Mixed Veggie Cruncher Cup w/ dip



Servings:	150.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48012

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC	7 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE	5 1/2 Pound	Rinse	732486
CUCUMBER SELECT	10 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	150 Each		52976
BROCCOLI FLORET BITE SIZE	6 Pound		732451
CELERY STIX	6 Pound		781592
CARROT BABY WHL CLEANED	6 Pound		510637

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.117
RedVeg	0.312
OtherVeg	0.471
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	176.33
Fat	16.17g
SaturatedFat	2.55g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	227.48mg
Carbohydrates	9.14g
Fiber	2.76g
Sugar	4.19g
Protein	1.52g
Vitamin A 6248.26IU	Vitamin C 71.24mg
Calcium 40.29mg	Iron 0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available