

Peas-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19607
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	2 Gallon	100350
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.25		
Fat	0.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	58.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
