

Roasted Squash-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19601

Ingredients

Description	Measurement	DistPart #
SQUASH BTRNUT DCD 1 4-4 P/L	2 Gallon	668831
OIL OLIVE XVRGN ITAL	1 Fluid Ounce	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	36.75
Fat	0.44g
SaturatedFat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.50mg
Carbohydrates	11.00g
Fiber	1.50g
Sugar	1.00g
Protein	0.50g
Vitamin A 2000.00IU	Vitamin C 18.00mg
Calcium 40.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available