

# Seasoned California Blend

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12176
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM	30 Pound		285740
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

## Preparation Instructions

Place frozen blend in a 2 inch steam pan. Steam for 15 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	36.02		
<b>Fat</b>	2.44g		
<b>SaturatedFat</b>	1.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	163.09mg		
<b>Carbohydrates</b>	2.76g		
<b>Fiber</b>	1.66g		
<b>Sugar</b>	1.10g		
<b>Protein</b>	1.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.34mg	<b>Iron</b>	0.55mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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