

Celery Sticks

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45082
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/2 Cup		478318

Preparation Instructions

Cold service 41F or below. 1/2cup=2.29oz

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	8.70
Fat	0.10g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.60mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	1.00g
Protein	0.45g
Vitamin A 278.38IU	Vitamin C 1.92mg
Calcium 24.80mg	Iron 0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available