

Garden Bar

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
PEPPERS GREEN LRG	1 Cup		592315
PEPPERS YELLOW 20CT AVG	1 Each		439746
PEPPERS RED	1 Cup		597082
BROCCOLI CRWN ICELESS	1 Cup		704547
CAULIFLOWER BITE SIZE	1 Cup		732486
CUCUMBER SUPER SELECT	1 Cup		592323
CARROT BABY WHL CLEANED	0 Ounce		510637
TOMATO CHERRY 11 MRKN	1 Cup		569551
RADISH SLCD 1/8IN	1 Cup		212733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.300
OtherVeg	0.450
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	34.39
Fat	0.20g
SaturatedFat	0.06g
Trans Fat*	0.00g
Cholesterol	0.00mg
Sodium	28.52mg
Carbohydrates	7.74g
Fiber	2.23g
Sugar	3.47g
Protein	1.24g
Vitamin A	4989.75IU
Vitamin C	88.29mg
Calcium	27.01mg
Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available