

ASIAN VEGETABLE BLEND



Servings:	4.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11673
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1 Tablespoon		191205
VEG BLND ASIAN 6-4 FLAVRPAC	1 Pound		164080

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		40.63	
Fat		2.75g	
SaturatedFat		1.75g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		28.75mg	
Carbohydrates		2.50g	
Fiber		1.25g	
Sugar		0.63g	
Protein		0.63g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	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