

Wrap Toppings



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27175
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
PICO DE GALLO FRSH	2 Ounce		705520
PEPPERS GREEN DCD 1/2IN	1/3 Cup		283959
CUCUMBER ENG SDLSS	1/3 Cup		532312

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	0.660
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	102.41		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1681.82mg		
Carbohydrates	20.97g		
Fiber	5.92g		
Sugar	10.65g		
Protein	5.53g		
Vitamin A	199.95IU	Vitamin C	40.02mg
Calcium	63.66mg	Iron	1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available