

STEAMED GREEN PEAS



Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27192
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN	4 Pound		610802
BUTTER PRINT SLTD GRD AA	2 Fluid Ounce		191205
SALT IODIZED	1 1/2 Teaspoon		108286

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	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.73		
Fat	2.75g		
SaturatedFat	1.75g		
Trans Fat*	0.00g		
Cholesterol	7.50mg		
Sodium	243.75mg		
Carbohydrates	10.75g		
Fiber	3.58g		
Sugar	3.58g		
Protein	3.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available