

ORIENTAL VEGETABLES



Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38735
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1/2 Tablespoon		191205
VEG BLND ORIENTAL	1 Cup		285720

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		40.00	
Fat		2.75g	
SaturatedFat		1.75g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		27.50mg	
Carbohydrates		3.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available