

DICED FRESH CUCUMBERS



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43868
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER ENG SDLSS	1 Fluid Ounce		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	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	0.98		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.13mg		
Carbohydrates	0.25g		
Fiber	0.04g		
Sugar	0.13g		
Protein	0.04g		
Vitamin A	6.83IU	Vitamin C	0.18mg
Calcium	1.04mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available