

FRESH BELL PEPPER STRIPS WITH RANCH DIP



Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51834
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED	1 Cup		597082
PEPPERS GREEN LRG	1 Cup		592315
DRESSING RNCH CUP	4 Ounce		537705

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	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	146.95		
Fat	14.13g		
SaturatedFat	2.53g		
Trans Fat*	0.00g		
Cholesterol	5.00mg		
Sodium	221.83mg		
Carbohydrates	5.25g		
Fiber	1.03g		
Sugar	2.50g		
Protein	0.63g		
Vitamin A	1137.77IU	Vitamin C	88.09mg
Calcium	6.79mg	Iron	0.28mg

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

Nutrition - Per 100g

No 100g Conversion Available