

FRESH SLICED TOMATO



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8688
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO SLCD 1/4IN	1/2 Cup		786535

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	16.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	3.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available