

BABY CARROTS WITH RANCH



Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9302
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP	6 Each		499521
CARROT BABY WHL CLEANED	1 Pound	equivalent based on USDA FBG	510637

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	2.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	307.33
Fat	6.00g
SaturatedFat	1.00g
Trans Fat*	0.00g
Cholesterol	5.00mg
Sodium	551.67mg
Carbohydrates	61.96g
Fiber	18.99g
Sugar	31.59g
Protein	0.00g
Vitamin A 114133.33IU	Vitamin C 41.60mg
Calcium 219.25mg	Iron 1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available