

ROASTED ONIONS AND RED AND GREEN PEPPER STRIPS



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9426
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS STRIPS BLND	5 Pound		261548
ONION VIDALIA SWT	1 Pound		558133

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.556
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	22.73		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	12.63mg		
Carbohydrates	5.96g		
Fiber	0.17g		
Sugar	3.17g		
Protein	0.15g		
Vitamin A	0.19IU	Vitamin C	0.91mg
Calcium	3.79mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available