

Cucumber & Tomato Cup w/Ranch Dip



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17350

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P30
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
Low-Fat Ranch Dip	1 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle	R-16992

Preparation Instructions

Fill cup w/ 2 oz. of ranch dip, 1/4 cup of celery & 1/2 cup of carrots.

Container- 792220

CCP: Hold for cold service at 41° F or lower.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	41.85
Fat	2.11g
SaturatedFat	1.14g
Trans Fat*	0.00g
Cholesterol	5.00mg
Sodium	257.60mg
Carbohydrates	5.49g
Fiber	1.41g
Sugar	5.21g
Protein	1.73g
Vitamin A	974.92IU
Vitamin C	8.00mg
Calcium	46.35mg
Iron	0.77mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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