

# Grape Tomatoes w/Ranch Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26349
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tomatoes FR GRAPE US #1 50-1/2 CUP PG/CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18D80
RANCH LT DIP CUP	1 Each	Ready To Eat	499521

## Preparation Instructions

READY\_TO\_EAT

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	106.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	125.00mg		
<b>Carbohydrates</b>	12.14g		
<b>Fiber</b>	1.20g		
<b>Sugar</b>	7.76g		
<b>Protein</b>	1.19g		
<b>Vitamin A</b>	893.00IU	<b>Vitamin C</b>	32.10mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available