

Peppers & Onions



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28990
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ONION FLME RSTD	2 Ounce	STANDARD OR CONVECTION OVEN,MICROWAVE,GRILL OR PAN FRY. GREAT AS A PIZZA TOPPING OR IN PASTAS,SANDWICHES,SALADS,QUESADILLAS & OTHER ENTREES. EACH BAG YIELDS 13-3Z SERVINGS. CONSISTENT.	847208

Preparation Instructions

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CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		120.00	
Fat		2.67g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		400.00mg	
Carbohydrates		21.33g	
Fiber		5.33g	
Sugar		13.33g	
Protein		2.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.33mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available