

# Cauliflower & Celery Cup w/Ranch Dip



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35649

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	READY_TO_EAT	16W41
Celery CHL STICKS 5 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P55
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

Clear Container- 792220

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of cauliflower & 1/4 cup of celery.

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>	0.000
<b>OtherVeg</b>	0.500
<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>	43.27
<b>Fat</b>	2.09g
<b>SaturatedFat</b>	1.04g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	265.29mg
<b>Carbohydrates</b>	4.51g
<b>Fiber</b>	0.73g
<b>Sugar</b>	2.61g
<b>Protein</b>	1.56g
<b>Vitamin A</b> 236.00IU	<b>Vitamin C</b> 12.56mg
<b>Calcium</b> 48.77mg	<b>Iron</b> 0.13mg

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

## Nutrition - Per 100g

No 100g Conversion Available