

Carrots & Celery Cup w/Ranch Dip



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery CHL STICKS 5 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P55
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15O14
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 celery & 1/4 cup of carrots.

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 Each

Amount Per Serving			
Calories		52.50	
Fat		2.07g	
SaturatedFat		1.02g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		290.60mg	
Carbohydrates		6.74g	
Fiber		1.40g	
Sugar		4.13g	
Protein		1.33g	
Vitamin A	6097.00IU	Vitamin C	1.35mg
Calcium	56.50mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available