

Vegetable Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, baby, raw	1 Gallon 2 Quart 1 Cup (25 Cup)		11960
Celery, raw	12 1/2 cup chopped		11143
Cucumber, with peel, raw	25 cup slices		11205

Preparation Instructions

5/8 cup vegetable sticks (1/4 c baby carrots [36.5 g]; 1/4 cup cucumber; 1/8 cup celery)
For the baby carrots - used 1/2 cup=73 grams

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		12.05	
Fat		0.07g	
SaturatedFat		0.02g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		24.84mg	
Carbohydrates		2.82g	
Fiber		0.86g	
Sugar		1.47g	
Protein		0.37g	
Vitamin A	2597.23IU	Vitamin C	1.59mg
Calcium	15.04mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available