

Celery Sticks w/ Peanut Butter



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30561
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	14 Pound		478318
USDA Commodity Smooth Peanut Butter	3 Quart 1/2 Cup (12 1/2 Cup)		100396

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).
Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.512
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		208.91	
Fat		16.10g	
SaturatedFat		3.05g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		210.80mg	
Carbohydrates		10.05g	
Fiber		3.02g	
Sugar		4.02g	
Protein		7.46g	
Vitamin A	285.10IU	Vitamin C	1.97mg
Calcium	25.40mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available