

Vegetable Sticks USDA



Servings:	300.00	Category:	Vegetable
Serving Size:	0.63 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52862
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, baby, raw	75 Cup		11960
Cucumber, with peel, raw	75 cup slices		11205
Celery, raw	39 cup chopped		11143

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.63 Cup

Amount Per Serving			
Calories		12.12	
Fat		0.08g	
Saturated Fat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		25.24mg	
Carbohydrates		2.84g	
Fiber		0.87g	
Sugar		1.48g	
Added Sugar		0.00g**	
Protein		0.38g	
Vitamin A	2599.50mcg	Vitamin C	1.61mg
Calcium	15.24mg	Iron	0.26mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available