

Mixed Veggies w/ dip

NO IMAGE

Servings:	200.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48012

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED	9 1/3 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE	7 1/3 Pound	Rinse	732486
CUCUMBER SELECT	13 1/3 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	200 Each		52976
BROCCOLI FLORET BITE SIZE	8 Pound		732451
CELERY STIX	8 Pound		781592
CARROT BABY WHL CLEANED	8 Pound		510637

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.117
Red/Orange	0.312
OtherVeg	0.471
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	171.48
Fat	16.17g
Saturated Fat	2.55g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	221.24mg
Carbohydrates	7.98g
Fiber	2.37g
Total Sugar	3.60g
Added Sugar	0.00g
Protein	1.52g
Vitamin A 3323.37mcg	Vitamin C 69.88mg
Calcium 36.47mg	Iron 0.63mg

Nutrition - Per 100g

No 100g Conversion Available