

# Cauliflower & Sugar Snap Peas



<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51829

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	12 Pound		09090
CAULIFLOWER BITE SIZE	16 Pound		732486

## Preparation Instructions

Mix sugar snap peas and cauliflower florets together. Serve in 4 oz portions.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	1.027
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	25.68		
<b>Fat</b>	0.15g		
<b>Saturated Fat</b>	0.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.82mg		
<b>Carbohydrates</b>	4.41g		
<b>Fiber</b>	2.05g		
<b>Total Sugar</b>	2.35g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	2.05g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	35.05mg
<b>Calcium</b>	24.10mg	<b>Iron</b>	0.70mg

## Nutrition - Per 100g

<b>Calories</b>	22.65		
<b>Fat</b>	0.13g		
<b>Saturated Fat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	19.24mg		
<b>Carbohydrates</b>	3.89g		
<b>Fiber</b>	1.81g		
<b>Total Sugar</b>	2.08g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1.81g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	30.91mg
<b>Calcium</b>	21.25mg	<b>Iron</b>	0.61mg