

Assorted Fresh Veggies

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29648
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	4 Pound	Wash	768146
PEPPERS SWT MINI	3 1/2 Pound	Wash	667582
CELERY STIX	3 3/5 Pound	Wash, trim if needed	781592
TOMATO GRAPE SWT	4 1/5 Pound	Wash	129631
CUCUMBER SELECT	4 4/5 Pound	Peel and slice	361510

Preparation Instructions

Package 2 - 3 different veggies to make a 3/4 C portion.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.452
OtherVeg	2.027
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	67.12
Fat	0.18g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	215.36mg
Carbohydrates	14.91g
Fiber	6.83g
Total Sugar	9.09g
Added Sugar	0.00g
Protein	3.15g
Vitamin A 419.79mcg	Vitamin C 7.34mg
Calcium 118.87mg	Iron 0.64mg

Nutrition - Per 100g

No 100g Conversion Available