

# Sugar Snap Peas & Cherry Tomatoes

NO IMAGE

<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-54380

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	12 Pound		09090
TOMATO GRAPE/CHERRY MEDLEY	6 Pound		870169

## Preparation Instructions

Mix sugar snap peas and cherry tomatoes 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>	0.225
<b>OtherVeg</b>	0.300
<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>	14.79
<b>Fat</b>	0.09g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.03mg
<b>Carbohydrates</b>	3.08g
<b>Fiber</b>	1.10g
<b>Total Sugar</b>	2.03g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.96g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 12.15mg	<b>Iron</b> 0.50mg

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

## Nutrition - Per 100g

<b>Calories</b>	13.04
<b>Fat</b>	0.08g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.79mg
<b>Carbohydrates</b>	2.71g
<b>Fiber</b>	0.97g
<b>Total Sugar</b>	1.79g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.85g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 10.71mg	<b>Iron</b> 0.44mg

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