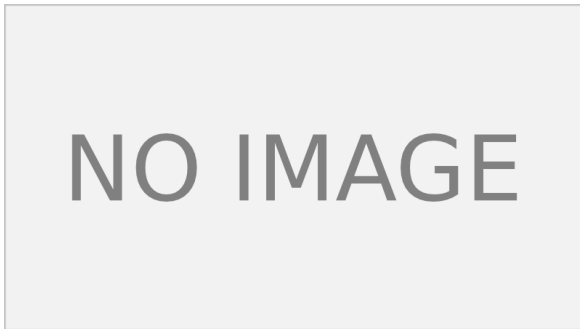


Diced Mixed Veggies



Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	30 Pound	1 case = 150 1/2c servings	111230

Preparation Instructions

Steam according to package instruction.

CCP: Hold at 135F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	58.82		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.90mg		
Carbohydrates	11.96g		
Fiber	3.99g		
Total Sugar	2.99g		
Added Sugar	0.00g		
Protein	2.99g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available
