

Carrot Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15014
Low-Fat Ranch Dip	1 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle 2 oz. souffle-795940 Lid- 796010	R-16992

Preparation Instructions

Clear Container- 792220

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of celery & 1/4 cup of carrots.

CCP: Hold for cold service at 41° F or lower.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	90.00		
Fat	5.11g		
Saturated Fat	3.52g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	317.60mg		
Carbohydrates	9.00g		
Fiber	2.50g		
Total Sugar	6.05g		
Added Sugar	0.00g		
Protein	1.54g		
Vitamin A	11722.00mcg	Vitamin C	2.20mg
Calcium	77.00mg	Iron	0.76mg

Nutrition - Per 100g

No 100g Conversion Available
