

# Carrots w/Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8446
<b>School:</b>	Central Elementary School		

## 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	2 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

Ready to eat.

Clear Container- 792220

Fill the cup w/ 2 oz. of low-fat ranch dip.

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

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	150.00
<b>Fat</b>	10.11g
<b>Saturated Fat</b>	7.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	569.19mg
<b>Carbohydrates</b>	11.00g
<b>Fiber</b>	2.50g
<b>Total Sugar</b>	8.05g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.54g
<b>Vitamin A</b> 11722.00mcg	<b>Vitamin C</b> 2.20mg
<b>Calcium</b> 127.00mg	<b>Iron</b> 0.76mg

## Nutrition - Per 100g

No 100g Conversion Available