

Cucumber w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8553
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P30
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

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	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	127.69		
Fat	10.04g		
Saturated Fat	7.04g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	503.19mg		
Carbohydrates	5.81g		
Fiber	1.92g		
Total Sugar	10.42g		
Added Sugar	0.00g		
Protein	2.31g		
Vitamin A	53.85mcg	Vitamin C	0.00mg
Calcium	107.69mg	Iron	1.08mg

Nutrition - Per 100g

No 100g Conversion Available
