

Cauliflower & Cucumber Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	READY_TO_EAT	16W41
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P30
DRESSING MIX RNCH	1/8 Ounce	Ready to eat.	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Clear Container- 792220

Mix 48 ounces of sour cream with 1- 3.2-ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

2-ounce spoodle or 2 oz. souffle- 795940 Lid- 796010.

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

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	129.62
Fat	10.10g
Saturated Fat	7.06g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	510.88mg
Carbohydrates	6.17g
Fiber	1.54g
Total Sugar	7.71g
Added Sugar	0.00g
Protein	2.65g
Vitamin A 26.92mcg	Vitamin C 12.31mg
Calcium 109.62mg	Iron 0.65mg

Nutrition - Per 100g

No 100g Conversion Available