

Peppers & Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28990
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ONION FLME RSTD	2 Ounce	STANDARD OR CONVECTION OVEN,MICROWAVE,GRILL OR PAN FRY. GREAT AS A PIZZA TOPPING OR IN PASTAS,SANDWICHES,SALADS,QUESADILLAS & OTHER ENTREES. EACH BAG YIELDS 13-3Z SERVINGS. CONSISTENT.	847208

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CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

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Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
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	120.00		
Fat	2.67g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	21.33g		
Fiber	5.33g		
Total Sugar	13.33g		
Added Sugar	0.00g		
Protein	2.67g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	53.33mg	Iron	1.07mg

Nutrition - Per 100g

No 100g Conversion Available
