

Italian Blend Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30664
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL	1/2 Cup	PACKAGING: 30# BULK PRODUCT IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285670

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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

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 Serving

Amount Per Serving	
Calories	26.67
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	4.00g
Fiber	1.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	0.67g
Vitamin A 83.33mcg	Vitamin C 3.33mg
Calcium 0.00mg	Iron 0.27mg

Nutrition - Per 100g

No 100g Conversion Available