

Carrots & Green Peppers Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15014
PEPPERS GREEN 2	1/4 Cup	READY_TO_EAT	280437
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 carrots & 1/4 cup of green pepper strips.

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

Green Peppers- 15P35

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.250
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	142.45
Fat	10.13g
Saturated Fat	7.04g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	537.32mg
Carbohydrates	9.25g
Fiber	1.88g
Total Sugar	7.03g
Added Sugar	0.00g
Protein	2.60g
Vitamin A 5998.83mcg	Vitamin C 31.05mg
Calcium 117.23mg	Iron 0.51mg

Nutrition - Per 100g

No 100g Conversion Available