

# Broccoli & Tomato Cup w/Ranch Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35648

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	16W37
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
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 broccoli & 1/4 cup of tomato.

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

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.250
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	135.69
<b>Fat</b>	10.10g
<b>Saturated Fat</b>	7.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	529.96mg
<b>Carbohydrates</b>	6.55g
<b>Fiber</b>	1.22g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.31g
<b>Vitamin A</b> 1348.00mcg	<b>Vitamin C</b> 26.85mg
<b>Calcium</b> 112.12mg	<b>Iron</b> 0.41mg

## Nutrition - Per 100g

No 100g Conversion Available