

# California Blend Vegetables

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17402

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM	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.	285740
SEASONING GARLIC HRB NO SALT	1/5 Teaspoon	Ready To Eat	565164
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810

## Preparation Instructions

2 bags of butter buds to 30 pounds of vegetables.

Garlic Herb Seasoning- 8 T to 30 pounds.

PACKAGING: 30#

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

CCP: Heat to 135° F or higher.

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

## 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>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	12.97		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	19.00mg		
<b>Carbohydrates</b>	3.43g		
<b>Fiber</b>	1.50g		
<b>Total Sugar</b>	1.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.50mg

## Nutrition - Per 100g

No 100g Conversion Available