

Broccoli & Tomato Cup w/Ranch Dip

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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.250
Red/Orange	0.250
OtherVeg	0.000
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	135.69
Fat	10.10g
Saturated Fat	7.13g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	529.96mg
Carbohydrates	6.55g
Fiber	1.22g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	3.31g
Vitamin A 1348.00mcg	Vitamin C 26.85mg
Calcium 112.12mg	Iron 0.41mg

Nutrition - Per 100g

No 100g Conversion Available