

# Cauliflower & Cucumber 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-35634   |

## Ingredients

| Description  | Measurement  | Prep Instructions   | DistPart # |
|--|--------------|---|------------|
| Cauliflower FR 9-12 CT- Graves County Schools            | 1/4 Cup      | READY_TO_EAT  | 16W41      |
| Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools | 1/4 Cup      | READY_TO_EAT  | 15P30      |
| DRESSING MIX RNCH  | 1/8 Ounce    | Ready to eat.   | 192716     |
| SOUR CREAM   | 4 Tablespoon | READY_TO_EAT<br>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 cauliflower & 1/4 cup of cucumber.

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>                | 0.000 |
| <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: 1.00 Each

| Amount Per Serving        |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 129.62                   |
| <b>Fat</b>                | 10.10g                   |
| <b>Saturated Fat</b>      | 7.06g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 40.00mg                  |
| <b>Sodium</b>             | 510.88mg                 |
| <b>Carbohydrates</b>      | 6.17g                    |
| <b>Fiber</b>              | 1.54g                    |
| <b>Total Sugar</b>        | 7.71g                    |
| <b>Added Sugar</b>        | 0.00g                    |
| <b>Protein</b>            | 2.65g                    |
| <b>Vitamin A</b> 26.92mcg | <b>Vitamin C</b> 12.31mg |
| <b>Calcium</b> 109.62mg   | <b>Iron</b> 0.65mg       |

## Nutrition - Per 100g

No 100g Conversion Available