

Carrots w/Ranch



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8446
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15014
Low-Fat Ranch Dip	2 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle 2 oz. souffle-795940 Lid- 796010	R-16992

Preparation Instructions

Ready to eat.

Clear Container- 792220

Fill the cup w/ 2 oz. of low-fat ranch dip.

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	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	150.00
Fat	10.11g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	569.19mg
Carbohydrates	11.00g
Fiber	2.50g
Total Sugar	8.05g
Added Sugar	0.00g
Protein	2.54g
Vitamin A 11722.00mcg	Vitamin C 2.20mg
Calcium 127.00mg	Iron 0.76mg

Nutrition - Per 100g

No 100g Conversion Available