

Cucumber & Tomato Cup w/Ranch Dip



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17350

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P30
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

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 with/ 2 oz. of low-fat ranch dip, 1/4 cup of cucumber & 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	0.000
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	131.85
Fat	10.11g
Saturated Fat	7.14g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	524.19mg
Carbohydrates	6.49g
Fiber	1.41g
Total Sugar	7.21g
Added Sugar	0.00g
Protein	2.73g
Vitamin A 774.92mcg	Vitamin C 8.00mg
Calcium 106.35mg	Iron 0.77mg

Nutrition - Per 100g

No 100g Conversion Available