

Grape Tomatoes w/Ranch Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26349
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tomatoes FR GRAPE US #1 50-1/2 CUP PG/CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18D80
RANCH LT DIP CUP	1 Each	Ready To Eat	499521

Preparation Instructions

READY_TO_EAT

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: 1.00 Serving

Amount Per Serving	
Calories	106.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	125.00mg
Carbohydrates	12.14g
Fiber	1.20g
Total Sugar	7.76g
Added Sugar	0.00g
Protein	1.19g
Vitamin A 893.00mcg	Vitamin C 32.10mg
Calcium 20.00mg	Iron 0.43mg

Nutrition - Per 100g

No 100g Conversion Available