

Cauliflower & Celery Cup w/Ranch Dip



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	READY_TO_EAT	16W41
Celery CHL STICKS 5 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P55
Low-Fat Ranch Dip	1 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

Clear Container- 792220

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of cauliflower & 1/4 cup of celery.

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	0.000
OtherVeg	0.500
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	73.27
Fat	5.09g
Saturated Fat	3.54g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	280.29mg
Carbohydrates	3.51g
Fiber	0.73g
Total Sugar	2.61g
Added Sugar	0.00g
Protein	1.56g
Vitamin A 36.00mcg	Vitamin C 12.56mg
Calcium 58.77mg	Iron 0.13mg

Nutrition - Per 100g

No 100g Conversion Available