

Carrots & Celery Cup w/Ranch Dip



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery CHL STICKS 5 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P55
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15O14
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

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 with/ 2 oz. of low-fat ranch dip, 1/4 cup of celery & 1/4 cup of carrots.

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 Each

Amount Per Serving	
Calories	142.50
Fat	10.07g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	557.19mg
Carbohydrates	7.74g
Fiber	1.40g
Total Sugar	6.13g
Added Sugar	0.00g
Protein	2.33g
Vitamin A 5897.00mcg	Vitamin C 1.35mg
Calcium 116.50mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available