

Mixed Vegetables

Servings:	138.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY	30 Pound		285690
MARGARINE SLD	3 Pound		733061
SALT IODIZED	1/4 Cup		108286
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037

Preparation Instructions

Place 3# of margarine in a large sauce pot and place in the warmer.

Place 2-4inch pans on the counter.

Divide the 30# box of mixed vegetables between the two pans.

Place in Steamer for 35 minutes and then check the temperature. Should be 150° degrees or above.

Drain each pan once out of the steamer. Divide melted butter between the 2 pans and add salt and pepper.

Store in warmer covered until served.

Updated 8.17.23

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.779
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	132.17
Fat	7.65g
Saturated Fat	3.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	302.64mg
Carbohydrates	12.52g
Fiber	3.13g
Total Sugar	4.17g
Added Sugar	0.00g
Protein	2.09g
Vitamin A 521.74mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.63mg

Nutrition - Per 100g

No 100g Conversion Available