

Cauliflower Bites

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45079
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT	1/2 Cup		732494

Preparation Instructions

Serve in 4oz tray 1/2cup=1.75oz

Mix it up some just broccoli, some cauliflower and some mixed!

- Hold cold foods at 41 °F or below

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: 0.50 Cup

Amount Per Serving	
Calories	12.50
Fat	0.10g
Saturated Fat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	2.00g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg	Vitamin C 24.10mg
Calcium 11.00mg	Iron 0.21mg

Nutrition - Per 100g

No 100g Conversion Available