

Fajita Blend

NO IMAGE

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Servings: | 80.00 | Category: | Vegetable |
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-56027 |
| School: | Walton-Verona K-5 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| VEGETABLE MIX FAJITA CUT | 10 Pound | | 605565 |

Preparation Instructions

Lightly oil the blend of fajita blend
Place in 400°F oven for 15-20 minutes until sauteed nicely

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 50.00 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 60.00mg |
| Carbohydrates | 12.00g |
| Fiber | 4.00g |
| Total Sugar | 6.00g |
| Added Sugar | 0.00g |
| Protein | 2.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 40.00mg | Iron 0.72mg |

Nutrition - Per 100g

| | |
|--------------------------|-------------------------|
| Calories | 88.18 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 105.82mg |
| Carbohydrates | 21.16g |
| Fiber | 7.05g |
| Total Sugar | 10.58g |
| Added Sugar | 0.00g |
| Protein | 3.53g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 70.55mg | Iron 1.27mg |