

Fresh Veggie Cup-Assorted

NO IMAGE

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 1/4 Ounce	2 oz =1 cup equivalent	735787
BROCCOLI FLORET BITE SIZE	1 1/4 Ounce	1/2 cup equivalent	732451
CAULIFLOWER BITE SIZE	1 3/4 Ounce	1/2 cup equivalent	732486
PEPPERS RED	2 1/4 Ounce	DICE/SLICE 1/2 cup equivalent	321141
Cucumber	3 1/4 Ounce	DICE/slice 1/2 cup equivalent	16P98
ONION RED 25#	3 1/2 Ounce	DICE	788882
Baby Carrots	3 1/4 Ounce	1/2 cup equivalent	812540
4" celery sticks	2 1/2 Ounce	1/2 cup equivalent	16V94
SQUASH ZUCCHINI 50-2Z COMM	2 1/4 Ounce	1/2 cup equivalent	701500
1/10lb tomato cherry	2 3/4 Ounce	1/2 cup equivalent	15P71
Fresh Tomato	4 1/4 Ounce	dice or slice 1/2 cup equivalent	43198

Preparation Instructions

Properly wash and prepare vegetables
CCP hold 41F or below

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	1.368
Red/Orange	2.894
OtherVeg	0.782
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	22.41**
Fat	0.02g**
Saturated Fat	0.01g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	16.80mg**
Carbohydrates	5.18g**
Fiber	1.53g**
Total Sugar	3.30g**
Added Sugar	0.00g**
Protein	1.22g**
Vitamin A 131.88mcg**	Vitamin C 12.24mg**
Calcium 16.47mg**	Iron 0.41mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available