

Fresh Veggies



Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23056

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	0 Cup	Red/Orange Vegetable	129631
CUCUMBER SUPER SELECT	0 Cup	Other Vegetable	592323
BROCCOLI FLORET BITE SIZE	0 Cup	Dark Green Vegetable	732451
CAULIFLOWER BITE SIZE	0 Cup	Other Vegetable	732486
CARROT BABY WHL CLEANED	0 Cup	Red/Orange Vegetable	510637
PEPPERS GREEN STRP 3/4IN	0 Cup	Other Vegetable	849995
RADISH CLEANED	0 Cup	Other Vegetable	233986
CELERY STIX	0 Cup	Other Vegetable	781592
ZUCCHINI MED	0 Cup	Other Vegetable	198927
PEPPERS RED	0 Cup	Red/Orange Vegetable	560715

Preparation Instructions

Note: Serve two different kinds of vegetables at 1/2 cup servings. Make sure that at least one choice is a red/orange vegetable.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.550
Red/Orange	0.308
OtherVeg	0.146
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	24.15
Fat	0.03g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	38.78mg
Carbohydrates	5.08g
Fiber	1.83g
Total Sugar	2.57g
Added Sugar	0.00g
Protein	0.81g
Vitamin A 4455.32mcg	Vitamin C 28.20mg
Calcium 26.20mg	Iron 0.68mg

Nutrition - Per 100g

No 100g Conversion Available