

Crunchy Carrots w/ dip

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Portion into 5 oz black containers..

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
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	154.44
Fat	11.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	330.00mg
Carbohydrates	12.67g
Fiber	3.56g
Total Sugar	6.33g
Added Sugar	0.00g
Protein	0.89g
Vitamin A 19022.22mcg	Vitamin C 6.93mg
Calcium 37.33mg	Iron 0.32mg

Nutrition - Per 100g

Calories	136.18
Fat	9.70g
Saturated Fat	1.76g
Trans Fat	0.00g
Cholesterol	8.82mg
Sodium	290.98mg
Carbohydrates	11.17g
Fiber	3.14g
Total Sugar	5.58g
Added Sugar	0.00g
Protein	0.78g
Vitamin A 16772.97mcg	Vitamin C 6.11mg
Calcium 32.92mg	Iron 0.28mg