

# Mixed Veggies w/ dip

NO IMAGE

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48012

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED	9 1/3 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE	7 1/3 Pound	Rinse	732486
CUCUMBER SELECT	13 1/3 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	200 Each		52976
BROCCOLI FLORET BITE SIZE	8 Pound		732451
CELERY STIX	8 Pound		781592
CARROT BABY WHL CLEANED	8 Pound		510637

## Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.117
<b>Red/Orange</b>	0.312
<b>OtherVeg</b>	0.471
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	171.27
<b>Fat</b>	16.10g
<b>Saturated Fat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	221.24mg
<b>Carbohydrates</b>	7.98g
<b>Fiber</b>	2.28g
<b>Total Sugar</b>	3.60g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.62g
<b>Vitamin A</b> 3323.37mcg	<b>Vitamin C</b> 69.88mg
<b>Calcium</b> 36.47mg	<b>Iron</b> 0.63mg

## Nutrition - Per 100g

<b>Calories</b>	157.16
<b>Fat</b>	14.77g
<b>Saturated Fat</b>	2.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.18mg
<b>Sodium</b>	203.01mg
<b>Carbohydrates</b>	7.32g
<b>Fiber</b>	2.09g
<b>Total Sugar</b>	3.30g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.48g
<b>Vitamin A</b> 3049.52mcg	<b>Vitamin C</b> 64.12mg
<b>Calcium</b> 33.46mg	<b>Iron</b> 0.58mg