

Sugar Snap Peas & Cherry Tomatoes

NO IMAGE

Servings:	80.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	12 Pound		09090
TOMATO GRAPE/CHERRY MEDLEY	6 Pound		870169

Preparation Instructions

Mix sugar snap peas and cherry tomatoes together. Serve in 4 oz portions.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.225
OtherVeg	0.300
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	14.79
Fat	0.09g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.03mg
Carbohydrates	3.08g
Fiber	1.10g
Total Sugar	2.03g
Added Sugar	0.00g
Protein	0.96g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 12.15mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	14.49
Fat	0.09g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.98mg
Carbohydrates	3.01g
Fiber	1.07g
Total Sugar	1.98g
Added Sugar	0.00g
Protein	0.94g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 11.90mg	Iron 0.49mg

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