

Mixed Vegetables

NO IMAGE

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57821
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	15 Pound		110871
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	70.92
Fat	1.26g
Saturated Fat	0.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	48.20mg
Carbohydrates	12.08g
Fiber	3.02g
Total Sugar	3.02g
Added Sugar	0.00g
Protein	2.01g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	77.92
Fat	1.39g
Saturated Fat	0.58g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	52.96mg
Carbohydrates	13.27g
Fiber	3.32g
Total Sugar	3.32g
Added Sugar	0.00g
Protein	2.21g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg