

Celery

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51491
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/4 Cup		478318

Preparation Instructions

Serve with 1 2 oz spoodle with signage Take Two Scoops For Full Servings

jsh 12.27.24

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	4.35
Fat	0.05g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.80mg
Carbohydrates	1.00g
Fiber	0.50g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	0.23g
Vitamin A 139.19mcg RAE	Vitamin C 0.96mg
Calcium 12.40mg	Iron 0.06mg

Nutrition - Per 100g

Calories	7.67
Fat	0.09g
Saturated Fat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	43.74mg
Carbohydrates	1.76g
Fiber	0.88g
Total Sugar	0.88g
Added Sugar	0.00g
Protein	0.40g
Vitamin A 245.49mcg RAE	Vitamin C 1.69mg
Calcium 21.87mg	Iron 0.11mg