

# Harvest Veggie blend

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55310

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW CHC	28 Cup	Peeled and cut into bite size pieces	266985
CARROT BABY WHL PETITE	15 Cup		768146
TOMATO GRAPE SWT	15 Cup	Can be cut in half	129631
Cucumber	3 Cup	Peeled and cut into bite size pieces	16P98

## Preparation Instructions

Thoroughly wash all fresh produce.

Red and Orange Bell Peppers: Core and seed the peppers, then dice them into uniform 1/4-inch pieces.

Add carrots & cherry Tomatoes

Combine the Blend:

In a large mixing bowl, combine the diced bell peppers, carrots, and cherry tomatoes.

Gently mix until all vegetables are evenly distributed.

Serve in black Cambro's with Italian & ranch dressing on the side

AP: 9/18/25

## 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>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	20.16
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	31.03mg
<b>Carbohydrates</b>	5.18g
<b>Fiber</b>	1.44g
<b>Total Sugar</b>	2.89g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.30g
<b>Vitamin A</b> 899.64mcg RAE	<b>Vitamin C</b> 14.80mg
<b>Calcium</b> 22.95mg	<b>Iron</b> 0.63mg

## Nutrition - Per 100g

<b>Calories</b>	20.41
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	31.42mg
<b>Carbohydrates</b>	5.24g
<b>Fiber</b>	1.46g
<b>Total Sugar</b>	2.92g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.30g
<b>Vitamin A</b> 910.94mcg RAE	<b>Vitamin C</b> 14.98mg
<b>Calcium</b> 23.24mg	<b>Iron</b> 0.64mg