

Grape Tomato

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51482
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

Wash and serve on salad bar with a 2 Oz spoodle with posted signage "Take 2 scoops is a full serving"

jsh 12.10.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.000
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	6.25
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.25mg
Carbohydrates	1.50g
Fiber	0.50g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	0.25g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 9.00mg	Iron 0.25mg

Nutrition - Per 100g

Calories	12.40
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.48mg
Carbohydrates	2.98g
Fiber	0.99g
Total Sugar	1.98g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 1487.50mcg RAE	Vitamin C 24.46mg
Calcium 17.86mg	Iron 0.49mg