

Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51490
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	1/4 Cup		732486

Preparation Instructions

serve with 2 oz spoodle post signage Take 2 scoops for full serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
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	0.05g
Saturated Fat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.50mg
Carbohydrates	1.00g
Fiber	0.50g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 0.00mcg RAE	Vitamin C 12.05mg
Calcium 5.50mg	Iron 0.11mg

Nutrition - Per 100g

Calories	11.02
Fat	0.09g
Saturated Fat	0.09g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.23mg
Carbohydrates	1.76g
Fiber	0.88g
Total Sugar	0.88g
Added Sugar	0.00g
Protein	0.88g
Vitamin A 0.00mcg RAE	Vitamin C 21.25mg
Calcium 9.70mg	Iron 0.19mg