

# Fresh Baby Carrots with Homemade Ranch dip



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9588

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	1/2 Cup		768146
SOUR CREAM	2 Fluid Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
DRESSING MIX RNCH	1 Teaspoon		192716

## Preparation Instructions

Serve chilled with homemade ranch dip in a 2oz portion cup. (See homemade ranch dip recipe)

## 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>	0.400
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	144.00
<b>Fat</b>	10.00g
<b>Saturated Fat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	716.00mg
<b>Carbohydrates</b>	10.40g
<b>Fiber</b>	1.60g
<b>Total Sugar</b>	7.20g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.04mg	<b>Iron</b> 0.64mg

## Nutrition - Per 100g

<b>Calories</b>	198.43
<b>Fat</b>	13.78g
<b>Saturated Fat</b>	9.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.12mg
<b>Sodium</b>	986.63mg
<b>Carbohydrates</b>	14.33g
<b>Fiber</b>	2.20g
<b>Total Sugar</b>	9.92g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.76g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 169.55mg	<b>Iron</b> 0.88mg