

Veggie Cup (Carrots & Tomatoes)



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29771
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	1/4 Cup	4 Tomatoes	129631
CARROT BABY WHL PETITE	1/4 Cup	6 Carrots	768146

Preparation Instructions

After rinsing the vegetables place 4 grape tomatoes and 6 carrots in a bag and seal.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.367
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	13.28
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	17.66mg
Carbohydrates	3.38g
Fiber	0.97g
Total Sugar	1.94g
Added Sugar	0.00g
Protein	0.25g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 15.75mg	Iron 0.43mg

Nutrition - Per 100g

Calories	18.53
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.64mg
Carbohydrates	4.71g
Fiber	1.35g
Total Sugar	2.70g
Added Sugar	0.00g
Protein	0.35g
Vitamin A 1046.04mcg RAE	Vitamin C 17.20mg
Calcium 21.98mg	Iron 0.60mg