

Fresh Baby Carrots with Homemade Ranch dip



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.400
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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