

Farm Stand Veggie Cup



Servings:	84.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39545

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	3 1/2 Quart		732478
CUCUMBER SLCD 1/4IN	3 1/2 Quart		329517
TOMATO GRAPE SWT	3 1/2 Quart		184750

Preparation Instructions

- 1) Wash all produce thoroughly
- 2) trim your produce as needed on the ends and or peel your produce if needed
- 3) In your 6 oz portion tray arrange your produce starting with your broccoli and cauliflower first then add your cucumber slices and follow with your tomatoes and carrots.
- 4) Accompany with Homemade Ranch Dip (recipe on HPS menu planner)
- 5) Note keep chilled you can use any assorted fresh veggies you have on hand (put into 5 oz portion cup = 1/2 cup veg 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	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	15.03
Fat	0.17g
Saturated Fat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.50mg
Carbohydrates	3.33g
Fiber	1.25g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	0.98g
Vitamin A 259.00mcg RAE	Vitamin C 4.35mg
Calcium 14.79mg	Iron 0.29mg

Nutrition - Per 100g

Calories	143.17
Fat	1.59g
Saturated Fat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.05mg
Carbohydrates	31.75g
Fiber	11.90g
Total Sugar	12.70g
Added Sugar	0.00g
Protein	9.37g
Vitamin A 2466.67mcg RAE	Vitamin C 41.46mg
Calcium 140.83mg	Iron 2.73mg