

# Roasted Veggie Blend

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56866
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW CHC	20 Cup		266985
CARROT MATCHSTICK	15 Cup		198161
TOMATO GRAPE SWT	15 Cup		129631

## Preparation Instructions

Thoroughly wash all fresh produce.

Red and Orange Bell Peppers: Core and seed the peppers, then dice them into uniform 1/4-inch pieces.

Add carrots & cherry Tomatoes

Combine the Blend:

In a large mixing bowl, combine the diced bell peppers, carrots, and cherry tomatoes.

Add a little bit of oil just to coat, sprinkle salt and pepper to taste.

Gently mix until all vegetables are evenly distributed.

Roast at 400 till veggies are Al dente

Serve in black Cambro

AP: 12/29/25

## 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>	1.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	34.17
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	49.50mg
<b>Carbohydrates</b>	8.20g
<b>Fiber</b>	2.73g
<b>Total Sugar</b>	4.40g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.83g
<b>Vitamin A</b> 12312.97mcg RAE	<b>Vitamin C</b> 18.96mg
<b>Calcium</b> 33.20mg	<b>Iron</b> 0.49mg

## Nutrition - Per 100g

<b>Calories</b>	26.58
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	38.51mg
<b>Carbohydrates</b>	6.38g
<b>Fiber</b>	2.13g
<b>Total Sugar</b>	3.42g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.65g
<b>Vitamin A</b> 9579.84mcg RAE	<b>Vitamin C</b> 14.75mg
<b>Calcium</b> 25.83mg	<b>Iron</b> 0.38mg