

Cucumber

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51488
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/4 Cup		418439

Preparation Instructions

serve with 2 oz spoodle post signage Take two scoops for full 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	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	3.90
Fat	0.05g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.50mg
Carbohydrates	1.00g
Fiber	0.15g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	0.15g
Vitamin A 27.30mcg RAE	Vitamin C 0.73mg
Calcium 4.16mg	Iron 0.08mg

Nutrition - Per 100g

Calories	9.53
Fat	0.12g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.22mg
Carbohydrates	2.44g
Fiber	0.37g
Total Sugar	1.22g
Added Sugar	0.00g
Protein	0.37g
Vitamin A 66.72mcg RAE	Vitamin C 1.78mg
Calcium 10.17mg	Iron 0.18mg