

Tomato

NO IMAGE

Servings:	96.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44813
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 6X6 LRG	12 Each	Rinse Tomato and Air Dry, Dice or Slice	199001

Preparation Instructions

Serve on line for garnish
CCP 41F or below

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	8.10
Fat	0.10g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.25mg
Carbohydrates	1.75g
Fiber	0.55g
Total Sugar	1.25g
Added Sugar	0.00g
Protein	0.40g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 4.50mg	Iron 0.12mg

Nutrition - Per 100g

Calories	14.29
Fat	0.18g
Saturated Fat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.97mg
Carbohydrates	3.09g
Fiber	0.97g
Total Sugar	2.20g
Added Sugar	0.00g
Protein	0.71g
Vitamin A 661.11mcg RAE	Vitamin C 10.87mg
Calcium 7.94mg	Iron 0.22mg