

Fresh Veggie Cup-Assorted

NO IMAGE

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup	2 oz =1 cup equivalent	735787
BROCCOLI FLORET BITE SIZE	1/2 Cup	1/2 cup equivalent	732451
CAULIFLOWER BITE SIZE	1/2 Cup	1/2 cup equivalent	732486
PEPPERS RED	1/2 Cup	DICE/SLICE 1/2 cup equivalent	321141
Cucumber	1/2 Cup	DICE/slice 1/2 cup equivalent	16P98
ONION RED 25#	1/2 Cup	DICE	788882
Baby Carrots	1/2 Cup	1/2 cup equivalent	812540
4" celery sticks	1/2 Cup	1/2 cup equivalent	16V94
SQUASH ZUCCHINI 50-2Z COMM	1/2 Cup	1/2 cup equivalent	701500
1/10lb tomato cherry	1/2 Cup	1/2 cup equivalent	15P71
Fresh Tomato	1/2 Cup	dice or slice 1/2 cup equivalent	43198

Preparation Instructions

Properly wash and prepare vegetables
CCP hold 41F or below

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.500
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	9.52**
Fat	0.02g**
Saturated Fat	0.01g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	6.82mg**
Carbohydrates	2.07g**
Fiber	0.64g**
Total Sugar	1.08g**
Added Sugar	0.00g**
Protein	0.66g**
Vitamin A 256.68mcg RAE**	Vitamin C 22.19mg**
Calcium 9.11mg**	Iron 0.19mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	32.95**
Fat	0.07g**
Saturated Fat	0.03g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	23.60mg**
Carbohydrates	7.15g**
Fiber	2.22g**
Total Sugar	3.72g**
Added Sugar	0.00g**
Protein	2.28g**
Vitamin A 888.48mcg RAE**	Vitamin C 76.81mg**
Calcium 31.52mg**	Iron 0.67mg**

**One or more nutritional components are missing from at least one item on this recipe.