

# Cucumber and Baby Tomato



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE	2 Each		749041
CUCUMBER SELECT	1/2 Cup		418439

## Preparation Instructions

Wash cucumber and tomato. • Hold cold foods at 41 °F or below Serve in 4 ounce tray  
1/2cup=3.05 oz

## 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>	0.333
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	8.00
<b>Fat</b>	0.11g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.17mg
<b>Carbohydrates</b>	2.04g
<b>Fiber</b>	0.31g
<b>Total Sugar</b>	1.01g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.31g
<b>Vitamin A</b> 54.60mcg RAE**	<b>Vitamin C</b> 1.46mg**
<b>Calcium</b> 8.39mg	<b>Iron</b> 0.15mg

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

## Nutrition - Per 100g

<b>Calories</b>	10.65
<b>Fat</b>	0.14g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.55mg
<b>Carbohydrates</b>	2.71g
<b>Fiber</b>	0.42g
<b>Total Sugar</b>	1.34g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.41g
<b>Vitamin A</b> 72.66mcg RAE**	<b>Vitamin C</b> 1.94mg**
<b>Calcium</b> 11.16mg	<b>Iron</b> 0.20mg

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