

Celery Sticks

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45082
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/2 Cup		478318

Preparation Instructions

Cold service 41F or below. 1/2cup=2.29oz

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	8.70
Fat	0.10g
Saturated Fat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.60mg
Carbohydrates	2.00g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	0.45g
Vitamin A 278.38mcg RAE	Vitamin C 1.92mg
Calcium 24.80mg	Iron 0.13mg

Nutrition - Per 100g

Calories	14.03
Fat	0.16g
Saturated Fat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	79.99mg
Carbohydrates	3.23g
Fiber	1.61g
Total Sugar	1.61g
Added Sugar	0.00g
Protein	0.73g
Vitamin A 448.93mcg RAE	Vitamin C 3.10mg
Calcium 39.99mg	Iron 0.20mg