

# Fresh Veggie Cup-Assorted

NO IMAGE

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available