

Cucumber and Baby Tomato



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.333
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	8.00
Fat	0.11g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.17mg
Carbohydrates	2.04g
Fiber	0.31g
Total Sugar	1.01g
Added Sugar	0.00g
Protein	0.31g
Vitamin A 54.60mcg RAE**	Vitamin C 1.46mg**
Calcium 8.39mg	Iron 0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available