

Cooking for Kids

Recipe Sizing Report

000218 - Veggie Dippers :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1/2 c.	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011124 CARROTS,RAW.....	20 lbs	1. Batonnet carrots and bell peppers. 2. Serve 1/4 cup of each in a small serving container.
011333 PEPPERS,SWT,GRN,RAW....	28 lbs	

*Nutrients are based upon 1 Portion Size (1/2 c.)

Calories	63 kcal	Cholesterol	0 mg	Sugars	7.3 g	Calcium	42.64 mg	6.23%	Calories from Total Fat
Total Fat	0.43 g	Sodium	66 mg	Protein	1.94 g	Iron	0.70 mg	1.48%	Calories from Saturated Fat
Saturated Fat	0.10 g	Carbohydrates	14.58 g	Vitamin A	15625.3 IU	Water ¹	199.34 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.70 g	Vitamin C	107.5 mg	Ash ¹	1.43 g	93.19%	Calories from Carbohydrates
								12.37%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.