

Veggie Dippers - CACFP



General Information

Recipe #	Category	Source
1755693	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Peppers, sweet, red, raw	1 lbs., 12 oz.		
Carrots, raw	2 lbs., 8 oz.		

Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash produce. Batonnet carrots and bell peppers.
2. Serve 1/4 cup of each in a small serving container.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.



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Serving Size	Yield
0.5 Cup	25.00

Nutrition Facts

Serving Size 0.5 Cup (77 gm)

Amount Per Serving	
Calories	26.853
% Daily Value*	
Total Fat	0.204 gm 0.314%
Saturated Fat	0.033 gm 0.166%
Trans Fat	0.000 gm
Cholesterol	0.000 mg
Sodium	32.568 mg 1.357%
Total Carbohydrate	6.260 gm 2.087%
Dietary Fiber	1.937 gm 7.747%
Total Sugars	3.484 gm
Includes 0.000 gm of Added Sugars	
Protein	0.736 gm 1.472%
Vitamin A, RAE	428.599 mcg 47.622%
Vitamin C	43.223 mg 72.038%
Vitamin D	0.000 mcg
Calcium	17.191 mg 1.719%
Iron	0.273 mg 1.514%
Potassium	212.145 mg 4.514%

Saturated Fat % of Calories 1.114 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Dates

Last Updated	Created
02-26-2025	02-26-2025

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