



825053 - Carrots&CherryTomatoes w/Lime

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Veggies with Lime Dip

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825051R Lime Yogurt Dip.....	1 qt	CCP: No bare hand contact with ready to eat food. Prepare Lime Yogurt Dip according to recipe. CCP: Hold at 41 degrees F. or lower.
011124 CARROTS,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 lbs + 4 OZS (sticks) 2 lbs + 12 OZS (cherry tomatoes)	Trim the ends of the carrot sticks, if needed. Rinse cherry tomatoes under running water and drain well in colander.
		Using a #30 scoop place 1 fluid oz. (2 TBSP) of the Lime Yogurt dip into each 4 oz. portion cup. Fill each cup with equal parts carrot sticks and cherry tomatoes (1/2 c total). Cover and hold until service. CCP: Hold and Serve at 41 degrees F. or lower.

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

Calories	39 kcal	Cholesterol	1 mg	Sugars	4.0 g	Calcium	46.31 mg	6.16%	Calories from Total Fat
Total Fat	0.27 g	Sodium	53 mg	Protein	3.53 g	Iron	0.23 mg	1.29%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	6.28 g	Vitamin A	5654.2 IU	Water ¹	*90.90* g	*0.04%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.37 g	Vitamin C	7.3 mg	Ash ¹	*0.76* g	63.80%	Calories from Carbohydrates
								35.87%	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.