



## 825054 - Carrots&CherryTomatoes w/Taco

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Veggies with Taco Dip

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

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### Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825052R Taco Dip.....	1 qt	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare Taco Dip according to recipe.
011124 CARROTS,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 lbs + 4 OZS (sticks) 2 lbs + 12 OZS (cherry tomatoes)	<b>CCP: Hold at 41 degrees F. or lower.</b> 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 Taco 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. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>

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

Calories	37 kcal	Cholesterol	1 mg	Sugars	*3.5* g	Calcium	46.77 mg	6.79%	Calories from Total Fat
Total Fat	0.28 g	Sodium	45 mg	Protein	3.55 g	Iron	0.27 mg	1.41%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	5.68 g	Vitamin A	5679.5 IU	Water <sup>1</sup>	89.13 g	*0.04%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.40 g	Vitamin C	7.2 mg	Ash <sup>1</sup>	0.75 g	60.96%	Calories from Carbohydrates
								38.09%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.