



825014 - Cucumber Cauliflower Cup

Source: K12 Culinary

Number of Portions: 48

Size of Portion: each

Alternate Recipe Name: Veggie Cup with Tzatziki

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011205 CUCUMBER,WITH PEEL,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011135 CAULIFLOWER,RAW.....	4 LBS (AP) 1 LB (cherry tomatoes) 2 lbs + 12 OZS (florets, EP)	CCP: No bare hand contact with ready to eat food. Rinse cucumbers and tomatoes under running water and drain in colander. Using a vegetable peeler, remove alternating strips of skin down the length of the cucumber to create a striped effect. Slice the across the cucumber into ¼ inch slices. Trim cauliflower florets, if slightly browning.
825063R Tzatziki Sauce.....	1 qt + 1 PT	Using a no. 30 disher to place 1 ounce of the school made tzatziki sauce into each 4 oz. portion container. Fill each cup with equal parts cucumber slices and cauliflower florets (1/2 c). Add one cherry tomato per portion cup for color contrast. Cover and hold until service. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	38 kcal	Cholesterol	2 mg	Sugars	*2.7* g	Calcium	56.16 mg	6.87%	Calories from Total Fat
Total Fat	0.29 g	Sodium	120 mg	Protein	4.74 g	Iron	0.31 mg	2.30%	Calories from Saturated Fat
Saturated Fat	0.10 g	Carbohydrates	4.69 g	Vitamin A	127.9 IU	Water ¹	*108.45* g	*0.05%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.87 g	Vitamin C	15.1 mg	Ash ¹	*0.94* g	49.54%	Calories from Carbohydrates
								50.03%	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.