



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:

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 channel knife or vegetable peeler, remove alternating strips of skin along the length of the cucumber to create a striped effect. Slice across the cucumber into ¼ inch slices. Trim cauliflower florets, if slightly browning. |
| 825063R Tzatziki Sauce..... | 1 qt + 1 PT | Prepare school made Tzatziki Sauce according to recipe #825063. Use a no. 30 disher to place 1 fl oz of the school made tzatziki sauce into each 4 oz portion container. Fill each cup with equal parts cucumber slices and cauliflower florets (1/4 cup of each). Add one cherry tomato per portion cup for color contrast. Cover and hold until service. CCP: Hold and Serve at 41° F or lower. |

*Nutrients are based upon 1 Portion Size (each)

| | | | | | | | | | |
|------------------------|----------|---------------|--------|-----------|---------|--------------------|-----------|---------|-----------------------------|
| Calories | 36 kcal | Cholesterol | 2 mg | Sugars | *2.4* g | Calcium | 55.22 mg | 6.72% | Calories from Total Fat |
| Total Fat | 0.27 g | Sodium | 119 mg | Protein | 4.66 g | Iron | 0.28 mg | 2.34% | Calories from Saturated Fat |
| Saturated Fat | 0.09 g | Carbohydrates | 4.33 g | Vitamin A | 49.2 IU | Water ¹ | *99.52* g | *0.06%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 0.75 g | Vitamin C | 13.8 mg | Ash ¹ | *0.89* g | 47.80% | Calories from Carbohydrates |
| | | | | | | | | 51.46% | 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.