



## 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)	<b>CCP: No bare hand contact with ready to eat food.</b> 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. <b>CCP: Hold and Serve at 41° F or lower.</b>

\*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 <sup>1</sup>	*99.52* g	*0.06%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.75 g	Vitamin C	13.8 mg	Ash <sup>1</sup>	*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

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

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