



825085 - Veggie Cup w/ Lime Yogurt Dip

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Veggie Cup with Lime Dip

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Red/Orange

Vegetable, Other

Vegetable, Other

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.
011205 CUCUMBER,WITH PEEL,RAW.... 011821 PEPPERS,SWEET,RED,RAW..... 011143 CELERY,RAW..... 011124 CARROTS,RAW.....	1 lb + 6 OZS (AP) 1 lb + 2 OZS (AP) 1 lb + 4 OZS (sticks) 1 lb + 2 OZS (sticks)	CCP: No bare hand contact with ready to eat food. Rinse cucumber and red bell pepper under cold running water and scrub cucumbers with a vegetable brush. Drain in a 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. Cut the bell pepper into ½ - ¾-inch wide strips. Trim the ends of the celery and carrot sticks, if needed.
		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 cucumber slices, celery sticks, red bell pepper strips, and carrot sticks. (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	35 kcal	Cholesterol	1 mg	Sugars	*3.3* g	Calcium	48.26 mg	6.48%	Calories from Total Fat
Total Fat	0.25 g	Sodium	55 mg	Protein	3.40 g	Iron	0.25 mg	1.46%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	5.14 g	Vitamin A	3161.9 IU	Water ¹	83.69 g	*0.04%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.09 g	Vitamin C	18.4 mg	Ash ¹	0.67 g	58.30%	Calories from Carbohydrates
								38.64%	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.