



## 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:

HACCP Process: #1 No Cook

| Ingredients   | Measures   | Instructions   |
|---|--|--|
| 825051R Lime Yogurt Dip.....  | 1 qt   | <b>CCP: No bare hand contact with ready to eat food.</b><br>Prepare Lime Yogurt Dip according to recipe #825051.<br><br><b>CCP: Hold at 41° F or lower.</b>  |
| 011205 CUCUMBER,WITH PEEL,RAW....<br>011821 PEPPERS,SWT,RED,RAW.....<br>011143 CELERY,RAW.....<br>011124 CARROTS,RAW..... | 1 lb + 6 OZS (AP)<br>1 lb + 2 OZS (AP)<br>1 lb + 4 OZS (sticks)<br>1 lb + 2 OZS (sticks) | <b>CCP: No bare hand contact with ready to eat food.</b><br>Rinse cucumber and red bell pepper under cold running water and scrub cucumbers with a vegetable brush. Drain in a colander.<br>Using a channel knife or vegetable peeler, remove alternating strips of skin down the length of the cucumber to create a striped effect. Slice the cucumber crosswise into ¼ inch slices.<br>Cut the bell pepper into ½ - ¾-inch wide strips.<br>Trim the ends of the celery and carrot sticks, if needed. |
|   |  | Using a no. 30 scoop place 1 fl oz (2 Tbsp) of the Lime Yogurt Dip into each 4 oz portion cup.<br>Fill each cup with equal parts cucumber slices, celery sticks, red bell pepper strips, and carrot sticks (1/2 cup total).<br>Cover and hold cold until service.<br><b>CCP: Hold and Serve at 41° F or lower.</b>   |

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

|                        |          |               |        |           |           |                    |          |         |                             |
|------------------------|----------|---------------|--------|-----------|-----------|--------------------|----------|---------|-----------------------------|
| Calories               | 34 kcal  | Cholesterol   | 1 mg   | Sugars    | *3.2* g   | Calcium            | 48.13 mg | 6.70%   | Calories from Total Fat     |
| Total Fat              | 0.25 g   | Sodium        | 37 mg  | Protein   | 3.40 g    | Iron               | 0.25 mg  | 1.62%   | Calories from Saturated Fat |
| Saturated Fat          | 0.06 g   | Carbohydrates | 5.00 g | Vitamin A | 3161.9 IU | Water <sup>1</sup> | 83.69 g  | *0.04%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | 1.09 g | Vitamin C | 18.4 mg   | Ash <sup>1</sup>   | 0.62 g   | 58.67%  | Calories from Carbohydrates |
|                        |          |               |        |           |           |                    |          | 39.98%  | 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.