



825086 - Veggie Cup w/ Taco Dip

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Veggie Cup with Taco 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
825052R Taco Dip.....	1 qt	CCP: No bare hand contact with ready to eat food. Prepare Taco 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	33 kcal	Cholesterol	1 mg	Sugars	*2.7* g	Calcium	48.11 mg	6.86%	Calories from Total Fat
Total Fat	0.25 g	Sodium	47 mg	Protein	3.41 g	Iron	0.25 mg	1.59%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	4.50 g	Vitamin A	3186.3 IU	Water ¹	81.91 g	*0.05%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.12 g	Vitamin C	18.2 mg	Ash ¹	0.65 g	54.81%	Calories from Carbohydrates
								41.48%	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.