



825054 - Carrots/CherryTomatoes w/Taco

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Veggies with Taco Dip

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

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Attributes:

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 #825052. CCP: Hold at 41° F or lower.
011124 CARROTS,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 lbs + 4 OZS (sticks) 2 lbs + 12 OZS (cherry tomatoes)	Trim the ends of the carrot sticks, if needed. Rinse cherry tomatoes under running water and drain well in colander.
		Using a no. 30 scoop place 1 fluid oz (2 TBSP) of the Taco Dip into each 4 oz portion cup. Fill each cup with 1/4 cup carrot sticks (about 3 sticks depending on size) and 1/4 cup cherry tomatoes (1/2 cup total vegetable). Note: Baby carrots may be substituted for the carrot sticks. Cover and hold until service. CCP: Hold and Serve at 41° F or lower.

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

Calories	30 kcal	Cholesterol	1 mg	Sugars	*2.4* g	Calcium	42.88 mg	6.03%	Calories from Total Fat
Total Fat	0.20 g	Sodium	45 mg	Protein	3.21 g	Iron	0.16 mg	1.41%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	4.16 g	Vitamin A	5354.6 IU	Water ¹	52.28 g	*0.05%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.94 g	Vitamin C	1.9 mg	Ash ¹	0.56 g	55.07%	Calories from Carbohydrates
								42.39%	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.