



Sizing Prep Report

American Dairy Association North East

· 990035 - Veggie Crunchers, Fresh

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	150 cherry	Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them. Arrange 3 cherry tomatoes,4 broccoli florets,3-4 baby carrots and 2 T. Garbanzo Beans in a 5 oz. souffle cup or french fry boat for service CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.
011960	CARROTS,BABY,RAW	6 LB + 4 oz	
011090	BROCCOLI,RAW	1 qt + 2 1/4 CUP (florets)	
000801	BEANS GARBANZO ,CANNED	1 qt + 2 1/4 CUP	

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

Calories ¹	65.265 kcal	Total Fat	0.716 g	Total Dietary Fiber	4.792 g	Vitamin C	19.223 mg	9.879% Calories from Total Fat
Saturated Fat ¹	0.165 g	Trans Fat ²	0.000 g	Protein	2.622 g	Iron	1.060 mg	2.274% Calories from Sat Fat
Sodium ¹	175.405 mg	Cholesterol	0.000 mg	Vitamin A	8318.152 IU	Water	109.256 g	0.000% Calories from Trans Fat
Sugars	*4.227* g	Carbohydrate	12.886 g	Calcium	36.414 mg	Ash	0.708 g	78.978% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.070% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.