

Vegetables: Other

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BLACK BEAN SALAD (CANNED)	1104	165	1.05	310.16	V:0	¼ CUP BEANS/PEAS VEGETABLE, ¼ OTHER VEGETABLE
BLACK BEAN SALAD(CANNED)-USDA FOODS	1104.1	163	1.05	233.00	V:B/P, V:0	¼ CUP BEANS/PEAS VEGETABLE, ¼ CUP OTHER VEGETABLE
CALIFORNIA VEGETABLES (FROZEN)	1054	50	0.81	57.51	V:0	½ CUP OTHER VEGETABLE
CARROT, CELERY, CUCUMBER W/DRESSING	1021	35	0.03	154.34	V:R/O, V:0	¼ CUP RED/ORANGE VEGETABLE, ¼ CUP OTHER VEGETABLE
CARROT, PEPPER STRIP & BROCCOLI	1019	68	0.05	431.96	V:R/O, V:DG, V:0	¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
CELERY STICKS WITH DIP (FRESH)	1120	26	0.03	174.43	V:0	½ CUP OTHER VEGETABLE
CHEESY BROCCOLI AND CAULIFLOWER	1056	32	0.28	200.38	V:DG, V:0	¼ CUP SERVING DARK GREEN VEGETABLE, ¼ CUP SERVING OTHER VEGETABLE
CHEESY CALIFORNIA VEGETABLES	1058	50	0.24	127.09	V:0	1/2 CUP OTHER VEGETABLE
CONFETTI COLESLAW (FRESH)	1114	22	0.02	98.04	V:0	½ CUP OTHER VEGETABLE
CREAMY COLESLAW (FRESH)	1116	69	0.31	73.29	V:0	½ CUP OTHER VEGETABLE
CREOLE GREEN BEANS (CANNED)	1033	42	0.85	174.78	V:0	½ CUP OTHER VEGETABLE
CUCUMBER STICKS WITH DIP (FRESH)	1029	24	0.04	126.91	V:0	½ CUP OTHER VEGETABLE
GARDEN SALAD WITH DRESSING (FRESH)	1118	25	0.20	131.00	V:DG, V:0	¼ CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
GREEN BEAN CASSEROLE (CANNED)	1034	67	0.93	228.05	V:0	½ CUP OTHER VEGETABLE
GREEN BEAN SALAD (CANNED)	1035	110	1.02	295.00	V:0	½ OTHER VEGETABLE
GREEN BEAN SALAD(CANNED)-USDA FOODS	1035.1	108	1.02	218.00	V:0	½ OTHER VEGETABLE

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GREEN BEANS (CANNED)	1036	41	0.21	92.42	V:0	½ CUP OTHER VEGETABLE
GREEN BEANS WITH POTATOES (CANNED)	1040	53	0.86	151.18	V:S, V:0	1/8 CUP STARCHY VEGETABLE, 3/8 CUP OTHER VEGETABLE
HERBED BROCCOLI AND CAULIFLOWER	1011	82	2.08	233.18	V:DG, V:0	¼ CUP DARK GREEN VEGETABLE, ¼ CUP OTHER VEGETABLE
MIXED VEGETABLES (FROZEN)	1060	77	0.81	214.78	V:0	½ CUP OTHER VEGETABLE
RAW VEGGIES WITH DIP	1124	33	0.02	134.49	V:DG, V:R/O, V:0	1/8 CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
SEASONED CABBAGE (FRESH)	1015	44	0.89	56.52	V:0	½ CUP OTHER VEGETABLE
SEASONED GREEN BEANS (CANNED)	1044	47	0.26	140.94	V:0	½ CUP OTHER VEGETABLE
SEASONED GREEN BEANS, CUT (FROZEN)	1042	39	0.84	18.72	V:0	½ CUP OTHER VEGETABLE
SEASONED GREEN BEANS, WHOLE (FROZEN)	1041	44	0.85	18.90	V:0	½ CUP OTHER VEGETABLE
SOUTHERN GREEN BEANS(CANNED)-USDA	1038.1	31	0.19	119.00	V:0	½ CUP OTHER VEGETABLE
STEAMED CABBAGE (FRESH)	1016	40	0.84	176.34	V:0	1/2 CUP OTHER VEGETABLE
STEAMED ZUCCHINI (FRESH)	1136	16	0.08	7.30	V:0	½ CUP OTHER VEGETABLE
SUMMER SQUASH (FROZEN)	1127	42	0.81	166.27	V:0	½ CUP OTHER VEGETABLE
TOMATO AND CUCUMBER SALAD (FRESH)	1134	44	0.03	74.79	V:R/O, V:0	¼ CUP RED/ORANGE VEGETABLE, ¼ CUP OTHER VEGETABLE