

Vegetables: Red/Orange

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
ASSORTED VEGETABLE JUICE	1156	57	0.00	25.00	V:R/O	1/2 CUP RED/ORANGE VEGETABLE JUICE
BABY CARROTS (FRESH)	1023	30	0.02	66.00	V:R/O	½ CUP RED/ORANGE VEGETABLE
BABY CARROTS WITH DRESSING (FRESH)	1017	45	0.03	170.08	V:R/O	½ CUP RED/ORANGE VEGETABLE
BAKED SWEET POTATOES WITH APPLES	1050	142	1.12	78.26	V:R/O, F	¼ CUP RED/ORANGE VEGETABLE, ¼ CUP FRUIT
BAKED SWEET POTATO WITH MARGARINE	1076	132	0.02	101.50	V:R/O	½ CUP RED/ORANGE VEGETABLE
CARROT, CELERY, CUCUMBER W/DRESSING	1021	35	0.03	154.34	V:R/O, V:O	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:O	¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
CARROT RAISIN SALAD	1112	147	0.69	215.27	F, V:R/O	½ CUP RED/ORANGE VEGETABLE, 1/8 CUP FRUIT
CARROTS AND RED PEPPERS WITH DIP	1142	40	0.02	146.31	V:R/O	½ CUP RED/ORANGE VEGETABLE
CARROT SOUFFLE (CANNED)	1130	220	5.08	319.59	V:R/O	½ CUP RED/ORANGE VEGETABLE
GLAZED CARROTS (FROZEN)	1018	56	0.82	92.90	V:R/O	½ CUP RED/ORANGE VEGETABLE
ITALIAN SLICED CARROTS (CANNED)	1144	43	0.20	116.47	V:R/O	½ CUP RED/ORANGE VEGETABLE
LEMON-GLAZED CARROTS (FROZEN)	1020	49	0.90	281.42	V:R/O	½ CUP RED/ORANGE VEGETABLE
PEAS AND CARROTS (FROZEN)	1062	69	0.84	85.38	V:R/O, V:S	¼ CUP RED/ORANGE VEGETABLE, ¼ CUP STARCHY VEGETABLE
RAW VEGGIES WITH DIP	1124	33	0.02	134.49	V:DG, V:R/O, V:O	1/8 CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
SALSA	1146	9	0.00	151.00	V:R/O	1/8 CUP RED/ORANGE VEGETABLE

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SALSA - USDA FOODS	1146.1	9	0.00	31.00	V:R/O	1/8 CUP RED/ORANGE VEGETABLE
SOUTHWEST MASHED SWEET POTATOES	1075	148	0.03	11.47	V:R/O	½ CUP OF RED/ORANGE VEGETABLE
STEAMED CARROTS (FROZEN)	1022	47	0.83	139.40	V:R/O	½ CUP RED/ORANGE VEGETABLE
SWEET POTATO CASSEROLE (CANNED)	1128	265	2.12	155.95	V:R/O	½ CUP RED/ORANGE VEGETABLE
SWEET POTATO CUBES (FROZEN)	1129	148	0.41	173.19	V:R/O	½ CUP RED/ORANGE VEGETABLE
SWEET POTATOES, MASHED (FROZEN)	1073	158	0.03	78.42	V:R/O	½ CUP RED/ORANGE VEGETABLE
SWEET POTATO FRIES (BAKED)	1099	110	0.85	118.63	V:R/O	½ CUP RED/ORANGE VEGETABLE
TOMATO AND CUCUMBER SALAD (FRESH)	1134	44	0.03	74.79	V:R/O, V:O	¼ CUP RED/ORANGE VEGETABLE, ¼ CUP OTHER VEGETABLE
TOMATOES AND CARROTS WITH DIP	1131	35	0.03	144.40	V:R/O	½ CUP RED/ORANGE VEGETABLE
TOMATOES WITH DIP (FRESH)	1133	33	0.04	127.65	V:R/O	½ CUP RED/ORANGE VEGETABLE
TOSSED SALAD WITH DRESSING (FRESH)	1126	31	0.02	144.75	V:DG, V:R/O	¼ CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE
YAM PATTIES (FROZEN)	1135	120	0.00	160.00	V:R/O	½ CUP RED/ORANGE VEGETABLE