



**825014 - Cucumber Cauliflower Cup**

Source: K12 Culinary  
 Number of Portions: 48  
 Size of Portion: each  
 Alternate Recipe Name: Veggie Cup with Tzatziki

**Components:**  
 Meat/Alt:  
 Grains:  
 Fruit:  
 Vegetable: 0.5 cup  
 Milk:

**Recipe Subgroups:**  
 Vegetable, Other

**Attributes:**  
 Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011205 CUCUMBER,WITH PEEL,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011135 CAULIFLOWER,RAW.....	4 LBS (AP) 1 LB (cherry tomatoes) 2 lbs + 12 OZS (florets, EP)	<b>CCP: No bare hand contact with ready to eat food.</b> Rinse cucumbers and tomatoes under running water and drain in 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. Trim cauliflower florets, if slightly browning.
825063R Tzatziki Sauce.....	1 qt + 1 PT	Using a no. 30 disher to place 1 ounce of the school made tzatziki sauce into each 4 oz. portion container. Fill each cup with equal parts cucumber slices and cauliflower florets (1/2 c). Add one cherry tomato per portion cup for color contrast. Cover and hold until service. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>

\*Nutrients are based upon 1 Portion Size (each)

Calories	38 kcal	Cholesterol	2 mg	Sugars	*2.7* g	Calcium	56.16 mg	6.87%	Calories from Total Fat	
Total Fat	0.29 g	Sodium	120 mg	Protein	4.74 g	Iron	0.31 mg	2.30%	Calories from Saturated Fat	
Saturated Fat	0.10 g	Carbohydrates	4.69 g	Vitamin A	127.9 IU	Water <sup>1</sup>	*108.45* g	*0.05%*	Calories from Trans Fat	
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.87 g	Vitamin C	15.1 mg	Ash <sup>1</sup>	*0.94* g	49.54%	Calories from Carbohydrates	
									50.03%	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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.