



Steamed California Blend (Frozen)

Q-310-00

Vegetables

G4G Color Code

Green

Sodium Code

Low

Time

4 min.

Yield

100 Portions

Each Portion

$\frac{3}{4}$ cup (3- $\frac{1}{2}$ oz)

Pan Size and Number

12 x 20 x 2- $\frac{1}{2}$ -Inch Perforated Pans (4)

Nutrition Facts

Calories 34

Carbohydrates 5.7 g

Sugars* 1.2 g

Protein 2.3 g

Fat 0 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 29 mg

Calcium 23 mg

Fiber 2.3 g

Ingredients

Item	Measure	Weight	Approx issue
CALIFORNIA BLEND, FROZEN	6- $\frac{1}{4}$ gal	21 lb 8 oz	

Directions

1. Place 1 gal + 2- $\frac{1}{4}$ qt (5 lb 6 oz) frozen California blend into each (12 x 20 x 2- $\frac{1}{2}$ -inch) perforated pan.
2. Steam for 4 minutes. Serve immediately or CP: hold hot at 135°F (57°C).

Recipe Notes

1. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.