



825120 - Romaine Salad

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: each

Components:

Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.875 cup
 Milk:

Recipe Subgroups:

Vegetable, Dark Green
 Vegetable, Red/Orange
 Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.....	2 lbs + 2 ozs	<p>CCP: No bare hand contact with ready to eat food. Weigh pre-cut chopped romaine lettuce. Purchased, pre-cut romaine does not require rinsing if it has been pre-washed.</p> <p>For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 3 lb. 4 oz. equals approximately 2 pounds 2 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). CCP: Hold at 41 degrees F. or lower.</p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 lbs + 2 OZS (cherry tomatoes)	<p>Weigh tomatoes and wash under running water. Allow tomatoes to drain in a colander and air dry prior to assembling salads.</p>
011124 CARROTS,RAW.....	10 1/2 OZS (shredded)	<p>Weigh the required amount of pre-cut shredded carrots.</p>
		<p>CCP: No bare hand contact with ready to eat food. Assemble the salads in an 8 ounce square portion cup: • Place 1 cup chopped romaine in container. • Sprinkle 2 Tablespoons (number 30 disher) shredded carrots. • Top with 3 cherry tomatoes.</p> <p>Offer a variety of purchased or school-made salad dressings according to the planned menu. CCP: Hold and Serve at 41 degrees F. or lower.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	18 kcal	Cholesterol	0 mg	Sugars	2.0 g	Calcium	20.51 mg	10.84%	Calories from Total Fat
Total Fat	0.22 g	Sodium	13 mg	Protein	0.92 g	Iron	0.51 mg	1.48%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	3.91 g	Vitamin A	5668.5 IU	Water¹	83.43 g	0.00%	Calories from Trans Fat

Trans Fat ²	0.00 g	Dietary Fiber	1.61 g	Vitamin C	7.5 mg	Ash ¹	0.53 g	85.09%	Calories from Carbohydrates
								20.12%	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									
¹ - denotes optional nutrient values									
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									