



825126 - Spinach Salad

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: 3/4 cup

Components:

Meat/Alt:
 Grains:
 Fruit: 0.125 cup
 Vegetable: 0.625 cup
 Milk:

Recipe Subgroups:

Vegetable, Dark Green
 Vegetable, Red/Orange

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.... 011457 SPINACH,RAW.....	1 lb + 1 oz 2 LBS (EP)	<p>CCP: No bare hand contact with ready to eat food. Weigh shredded lettuce and set aside for salad assembly. Purchased, pre-cut romaine does not require rinsing before use.</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: 1 lb 1 oz equals approximately 11 oz chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>Weigh required amount of pre-washed spinach.</p> <p>Combine spinach and romaine by tossing lightly.</p> <p>CCP: Hold at 41° F or lower.</p>
011124 CARROTS,RAW.....	10 1/2 OZS (shredded)	<p>Assemble the salads in an 8 oz flat portion cup in the following order:</p> <ul style="list-style-type: none"> • Place 1 cup romaine/spinach mixture in container using 8 oz spoodle. • Top with 2 Tbsp shredded carrots using no. 30 disher. • Sprinkle 1 Tbsp dried cranberries on top using #60 disher. <p>CCP: Hold and Serve at 41° F or lower.</p>
009079 CRANBERRIES,DRIED,SWTND.....	3 1/8 cups	<p>Salad may be offered with a variety of salad dressings. A light vinaigrette is suggested. Follow the recommendations of the menu planner.</p>

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	63 kcal	Cholesterol	0 mg	Sugars	11.9 g	Calcium	47.58 mg	5.60%	Calories from Total Fat
Total Fat	0.39 g	Sodium	39 mg	Protein	1.41 g	Iron	1.27 mg	0.69%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	15.64 g	Vitamin A	7077.9 IU	Water ¹	64.31 g	0.01%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.34 g	Vitamin C	11.7 mg	Ash ¹	0.87 g	99.02%	Calories from Carbohydrates
								8.94%	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.