



825127 - Strawberry Spinach Salad

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1 1/4 cup

Components:

Meat/Alt:

Grains:

Fruit: 0.25 cup

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

Meat/Meat Alter

Vegetables

Fruits

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, precut 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. CCP: Hold at 41 degrees F. or lower.</p> |
| 009316 STRAWBERRIES,RAW..... | 1 lb + 4 ozs | <p>Weigh, then rinse strawberries under running water. Cut into quarters. For quality, hold at 41 degrees F or below.</p> |
| 825962 Mandarin Orange Sections, Whole Dole.... | 2 lbs | <p>CCP: No bare hand contact with ready to eat food. Drain mandarin oranges and then weigh required amount. (Note: 1 pound equals approximately 1 ½ cups drained oranges.)</p> <p>In a large bowl or container, gently combine cut strawberries and mandarin oranges. For quality, hold at 41 degrees F or below.</p> |
| | | <p>CCP: No bare hand contact with ready to eat food. Assemble the salads in an 8 ounce flat portion cup in the following order: Place 1 cup romaine/spinach mixture in container. Top with 1/4 cup (no. 16 disher) of the strawberry/mandarin orange mixture. CCP: Hold and Serve at 41 degrees F. or lower.</p> |
| | | <p>Salad may be offered with a variety of salad dressings.. A light vinaigrette-type is recommended. Follow the recommendations of the menu planner.</p> |

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

| | | | | | | | | | |
|------------------------|---------|---------------|--------|-----------|-----------|--------------------|-----------|--------|-----------------------------|
| Calories | 43 kcal | Cholesterol | 0 mg | Sugars | 6.8 g | Calcium | 45.91 mg | 5.64% | Calories from Total Fat |
| Total Fat | 0.27 g | Sodium | 33 mg | Protein | 1.43 g | Iron | 1.37 mg | 0.71% | Calories from Saturated Fat |
| Saturated Fat | 0.03 g | Carbohydrates | 9.34 g | Vitamin A | 5111.2 IU | Water ¹ | *72.03* g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 g | Dietary Fiber | 1.81 g | Vitamin C | 30.5 mg | Ash ¹ | *0.83* g | 87.59% | Calories from Carbohydrates |
| | | | | | | | | 13.37% | 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.