



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:

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. Toss spinach and romaine together gently. CCP: Hold at 41° F or lower.</p>
009316 STRAWBERRIES,RAW.....	1 lb + 4 ozs	<p>Weigh, then rinse strawberries under running water. Hull strawberries using a tomato shark or paring knife, being careful not to trim excessively. Cut into quarters. For quality, hold at 41° 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° F or below.</p>
		<p>CCP: No bare hand contact with ready to eat food. 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. • Top with 1/4 cup (using no. 16 disher) of the strawberry/mandarin orange mixture. <p>CCP: Hold and Serve at 41° F or lower.</p>

		Salad may be offered with a variety of salad dressings.. A light vinaigrette is recommended. Follow the recommendations of the menu planner.
--	--	--

*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.