



825126 - Spinach Salad

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1 3/16 cup

Components:

Meat/Alt:

Grains:

Fruit: 0.125 cup

Vegetable: 0.625 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Attributes:

Vegetables

Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.... 011457 SPINACH,RAW..... 009079 CRANBERRIES,DRIED,SWTND.....	1 lb + 1 oz 2 LBS (EP) 3 1/8 cups	<p>CCP: No bare hand contact with ready to eat food.</p> <p>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.</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
011124 CARROTS,RAW.....	10 1/2 OZS (shredded)	<p>Assemble the salads in an 8 ounce flat portion cup in the following order:</p> <ul style="list-style-type: none"> • Place 1 cup romaine/spinach mixture in container. • Top with 2 Tablespoons (no. 30 disher) shredded carrots. • Sprinkle 1 Tablespoon dried cranberries on top. <p>CCP: Hold and Serve at 41 degrees F. or lower.</p>
		Salad may be offered with a variety of salad dressings.. A light vinaigrette-type is recommended. Follow the recommendations of the menu planner.

*Nutrients are based upon 1 Portion Size (1 3/16 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	Water¹	64.31 g	0.01%	Calories from Trans Fat
Trans Fat²	0.00 g	Dietary Fiber	2.34 g	Vitamin C	11.7 mg	Ash¹	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.