



825011 - Bacon Ranch Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Components:

Meat/Alt: 2 oz
Grains: 2.5 oz
Fruit:
Vegetable: 2.25 cup
Milk:

Recipe Subgroups:

Vegetable, Dark Green
Vegetable, Red/Orange
Vegetable, Starchy
Vegetable, Other
Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

| Ingredients | Measures | Instructions |
|---|---|---|
| 825698 Chicken Fillet,WM Breast,Brd, Tyson 7030..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 826440 Turkey Bacon, Pre-cooked Jennio 271106..... 826494 Flatbread, Oven Fired, WGR, Rich's 14010..... | 10 each, 4 oz (CN=2M/1G) 1 lb + 13 ozs 7 ozs 20 each, 2.2 oz | Thaw pre-cooked and breaded chicken fillets, corn, and turkey bacon in refrigerator overnight. Store flatbread at room temperature 24 hours in advance of use. Place corn in 2 inch full-size perforated pan. (Note: You may cook up to 5 lb of corn in one pan if preparing larger quantities.) CCP: Steam until minimum internal temperature of 135° F. CCP: Cool to 41° F within 4 hours. Just before assembling salads: <ul style="list-style-type: none"> • Cut each square of thawed WG flat bread into 8 equal triangles by cutting bread in half; stacking the two bread strips; cut in half, then cut the squares in half on the diagonal forming the triangles. • Slice each thawed, pre-cooked chicken filet into 6 long strips. • Chop pre-cooked, thawed turkey bacon into 1/4 inch dices to make bacon bits and store in refrigerator until needed for salad assembly. CCP: Hold at 41° F or lower. |
| 825012R Ranch Dressing: School Made..... | 1 qt + 1 cup | Prepare the dressing according to recipe #825012. Fill gallon container with dressing. Insert condiment pump and fill 2 oz portion cups with 1/4 cup (2 fl oz) of dressing. Cover each cup with lid. Dressing may be prepared in advance. CCP: Hold and Serve at 41° F or lower. |

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| 011251 LETTUCE,COS OR ROMAINE,RAW | 4 lbs + 15 ozs | <p>Weigh 4 lb 15 oz of pre-cut romaine lettuce. Purchased, pre-cut, prewashed romaine does not require rinsing.</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: 7 lb 11 oz As Purchased (AP) equals approximately 4 lb 15 oz edible portion (EP) chopped romaine.</p> <p>Rinse cut romaine under running water and drain well (Recommend using a commercial salad spinner for best results at thorough draining).</p> <p>CCP: Hold at 41° F or lower.</p> |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011205 CUCUMBER,WITH PEEL,RAW..... 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd..... | 2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP) 1 lb + 4 ozs | <p>Weigh and then rinse tomatoes and cucumbers under running water and drain in a colander or perforated pan.</p> <p>Using a tomato scoop, remove the stem core from tomatoes. Cut tomatoes into 1/2 inch dices. CCP: Hold cut tomatoes at 41° F. until ready to use.</p> <p>Cut cucumbers in half lengthwise, then into quarters, then into ½" pieces. For quality, hold cucumbers at 41° F. or below.</p> <p>CCP: No bare hand contact with ready to eat food.</p> <p>Assemble each salad into an 8 inch 3 compartment salad container as follows:</p> <ul style="list-style-type: none"> • Fill the large compartment of the container with 3 cups of chopped romaine. <p>Starting at top left corner and working clockwise, top romaine with:</p> <ul style="list-style-type: none"> • ¼ cup diced tomatoes • ¼ cup diced cucumber • ¼ cup corn • 2 Tbsp bacon bits (about 2 strips) • Place 1 oz cheese (using 2 oz spoodle or 1/4 cup measure) in center of salad • Place 3 strips of chicken in center of salad • Fan 8 flat bread triangles in one of the small compartments. • Place school made ranch cup inside salad container in the remaining small compartment so that it does not touch the other ingredients. <p>Cover salad container with the lid.</p> <p>CCP: Hold and Serve at 41° F or lower.</p> |
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*Nutrients are based upon 1 Portion Size (each)

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|------------------------|----------|---------------|---------|-----------|--------------|--------------------|-------------|---------|-----------------------------|
| Calories | 723 kcal | Cholesterol | 78 mg | Sugars | *8.1* g | Calcium | *140.37* mg | 57.75% | Calories from Total Fat |
| Total Fat | 46.42 g | Sodium | 1187 mg | Protein | 32.47 g | Iron | *2.30* mg | 13.29% | Calories from Saturated Fat |
| Saturated Fat | 10.68 g | Carbohydrates | 54.62 g | Vitamin A | *10340.3* IU | Water ¹ | *217.51* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 8.25 g | Vitamin C | *14.5* mg | Ash ¹ | *1.42* g | 30.20% | Calories from Carbohydrates |
| | | | | | | | | 17.95% | 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.