

# Spinach Salad

<b>Servings:</b>	357.14	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21353
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	92 6/7 Pound		560545
CUCUMBER SELECT	17 6/7 Pound	Wash and slice thin.	592323
TOMATO GRAPE SWT	14 2/7 Each	Wash.	129631

## Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.520
<b>RedVeg</b>	0.001
<b>OtherVeg</b>	0.300
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 357.14

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	4.99		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.32mg		
<b>Carbohydrates</b>	1.13g		
<b>Fiber</b>	0.61g		
<b>Sugar</b>	0.31g		
<b>Protein</b>	0.61g		
<b>Vitamin A</b>	18.88IU	<b>Vitamin C</b>	0.48mg
<b>Calcium</b>	18.13mg	<b>Iron</b>	0.57mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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