

# STRAWBERRY SALAD WITH COTTAGE CHEESE and CINNAMON GOLDFISH

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28559
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
SPINACH LEAF FLAT CLND	1 Cup		329401
STRAWBERRY	1/2 Cup		212768
ALMOND SLIVERED BLNCHD	2/5 Ounce		134890
SUGAR BEET GRANUL	0.05 Cup		108588
EGG WHITES LIQ CHOLEST FR	1/10 Tablespoon		677922
BUTTER PRINT SLTD GRD AA	1/6 Tablespoon		191205
CHEESE COTTAGE SML 1	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
DRESSING POPPYSEED 60-1.5FLZ PMLL	2 Each		832190
CRACKER GLDFSH CINN	1 Package		194510

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.335
<b>GreenVeg</b>	1.250
<b>RedVeg</b>	0.062
<b>OtherVeg</b>	0.188
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	732.82
<b>Fat</b>	40.59g
<b>SaturatedFat</b>	7.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.80mg
<b>Sodium</b>	1109.51mg
<b>Carbohydrates</b>	82.40g
<b>Fiber</b>	8.79g
<b>Sugar</b>	55.97g
<b>Protein</b>	18.86g

**Vitamin A** 18876.07IU    **Vitamin C** 50.32mg

**Calcium** 511.29mg    **Iron** 9.11mg

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

## Nutrition - Per 100g

No 100g Conversion Available