

WINTER FRUIT SALAD WITH HOMEMADE DRESSING

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32535
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CRANBERRY DRIED SWTND	1 Fluid Ounce		350882
CASHEW IW	1 1/8 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	331572
CHEESE MOZZ SHRD	1/4 Cup		645170
APPLE FRSH SLCD	1/4 Cup		792382
BAR OATML CHOC CHIP SFT IW	2 Each		526283
Winter Fruit Salad Dressing	1/4 Serving	In a blender, mix lemon juice, sugar, onion, salt and mustard. After all is well blended, while blender is still running, slowly add oil. When all is mixed and smooth, add poppy seeds.	R-32532

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.750
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	2094.41
Fat	25.36g
SaturatedFat	7.34g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	456.98mg
Carbohydrates	379.06g
Fiber	156.10g
Sugar	193.16g
Protein	163.84g
Vitamin A 50.00IU	Vitamin C 4.80mg
Calcium 2633.21mg	Iron 3.19mg

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

Nutrition - Per 100g

No 100g Conversion Available