

# 5 Cup Salad

NO IMAGE

|                      |                  |                       |                  |
|----------------------|------------------|-----------------------|------------------|
| <b>Servings:</b>     | 45.00            | <b>Category:</b>      | Fruit            |
| <b>Serving Size:</b> | 6.00 Fluid Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch            | <b>Recipe ID:</b>     | R-51250          |
| <b>School:</b>       | Prairie Crossing |                       |                  |

## Ingredients

| Description              | Measurement          | Prep Instructions | DistPart # |
|--------------------------|----------------------|-------------------|------------|
| FRUIT COCKTAIL XL/S      | 1 #10 CAN            |                   | 225304     |
| PUDDING RTS VAN          | 1 Pint 1 Cup (3 Cup) |                   | 106771     |
| TOPPING WHIP PRE-WHIPPED | 8 Ounce              |                   | 313165     |
| MARSHMALLOW MINI         | 1 Pint               |                   | 191736     |

## Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.125 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Fluid Ounce

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 60.47   |                  |        |
| <b>Fat</b>           | 1.06g   |                  |        |
| <b>SaturatedFat</b>  | 1.13g   |                  |        |
| <b>Trans Fat</b>     | 0.01g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 29.23mg |                  |        |
| <b>Carbohydrates</b> | 12.22g  |                  |        |
| <b>Fiber</b>         | 0.41g   |                  |        |
| <b>Sugar</b>         | 9.03g   |                  |        |
| <b>Protein</b>       | 0.12g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 4.44mg  | <b>Iron</b>      | 0.01mg |

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

## Nutrition - Per 100g

No 100g Conversion Available