

# 5 Cup Salad

<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**

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No 100g Conversion Available

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