

5 Cup Salad

NO IMAGE

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

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.125 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Fluid Ounce

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

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

Nutrition - Per 100g

No 100g Conversion Available