

STRAWBERRY SALAD



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13823
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Quart 1 Pint 1 Cup (55 Cup)	5 # romaine = 55 cup	451730
STRAWBERRY	1 Pound		212768
ALMOND SLIVERED BLNCHD	1 Pound 4 Ounce (20 Ounce)		134890
MAYONNAISE	1 Pint 1 Cup (3 Cup)		106933
SUGAR BEET GRANUL	1 Pint 1/4 Cup (2 1/4 Cup)		108588
MILK WHT 2	3/4 Cup		504602
VINEGAR APPLE CIDER 5	3 Fluid Ounce		430795
SPICE POPPY SEED WHOLE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225134
EGG WHITES LIQ CHOLEST FR	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		677922
BUTTER PRINT SLTD GRD AA	4 Fluid Ounce		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.036
GreenVeg	0.550
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		214.30	
Fat		17.02g	
SaturatedFat		2.95g	
Trans Fat*		0.00g	
Cholesterol		9.90mg	
Sodium		107.14mg	
Carbohydrates		13.82g	
Fiber		2.33g	
Sugar		10.52g	
Protein		3.55g	
Vitamin A	8.60IU	Vitamin C	5.38mg
Calcium	48.64mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available