

STRAWBERRY SALAD WITH COTTAGE CHEESE and CINNAMON GOLDFISH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28559
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
SPINACH LEAF FLAT CLND	1 Cup		329401
STRAWBERRY	1/2 Cup		212768
ALMOND SLIVERED BLNCHD	2/5 Ounce		134890
SUGAR BEET GRANUL	0.05 Cup		108588
EGG WHITES LIQ CHOLEST FR	1/10 Tablespoon		677922
BUTTER PRINT SLTD GRD AA	1/6 Tablespoon		191205
CHEESE COTTAGE SML 1	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
DRESSING POPPYSEED 60-1.5FLZ PMLL	2 Each		832190
CRACKER GLDFSH CINN	1 Package		194510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.335
GreenVeg	1.250
RedVeg	0.062
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		732.82	
Fat		40.59g	
SaturatedFat		7.47g	
Trans Fat*		0.00g	
Cholesterol		14.80mg	
Sodium		1109.51mg	
Carbohydrates		82.40g	
Fiber		8.79g	
Sugar		55.97g	
Protein		18.86g	
Vitamin A	18876.07IU	Vitamin C	50.32mg
Calcium	511.29mg	Iron	9.11mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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