

WINTER FRUIT SALAD DRESSING



Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32532
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LEMON JUICE 100	1/3 Cup		311227
SUGAR BEET GRANUL	1/2 Cup		108588
ONION DEHY CHPD	1/4 Teaspoon		263036
SALT IODIZED	1/2 Teaspoon		350732
MUSTARD DIJON PLAS	1 Tablespoon		312267
SPICE POPPY SEED WHOLE	1 Tablespoon		225134
OIL SALAD VEG SOY CLR NT	2/3 Cup		292702

Preparation Instructions

In a blender, mix lemon juice, sugar, onion, salt and mustard. After all is well blended, while blender is still running, slowly add oil. When all is mixed and smooth, add poppy seeds.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	145.74		
Fat	12.32g		
SaturatedFat	1.76g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	127.11mg		
Carbohydrates	8.02g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.58mg
Calcium	0.03mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available