

Strawberry Field Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRING MIX SWT	1 Cup		701570
ONION RD SLIVERED 1/8IN	1 Ounce		313157
DRESSING POPPYSEED	2 Tablespoon		850942
STRAWBERRIES	1 Ounce		889115

Preparation Instructions

Assemble salad in bulk:

Place chopped lettuce into a Deep Cambro

Evenly distribute red onion, and strawberries across the top.

Right before serve add poppyseed dressing.

Cover, label, and date the container.

Hold cold at 41°F or below until service.

1-cup servings using a 8 oz spoodle or tongs

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	1.333
Red/Orange	0.000
OtherVeg	0.130
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	170.20
Fat	9.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	22.04g
Fiber	5.34g
Total Sugar	13.70g
Added Sugar	11.00g
Protein	5.33g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 147.43mg	Iron 2.67mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	60.04
Fat	3.18g
Saturated Fat	0.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	91.72mg
Carbohydrates	7.78g
Fiber	1.89g
Total Sugar	4.83g
Added Sugar	3.88g
Protein	1.88g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 52.01mg	Iron 0.94mg

**One or more nutritional components are missing from at least one item on this recipe.