

# Apple Poppyseed Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Granny Smith Apple	1/2 Cup	Dice apples into small cubes.	01571
DRESSING POPPYSEED	1 Ounce		850942

## Preparation Instructions

Place romaine in large mixing bowl

Dice apples into small cubes.

Combine romaine, apples, and cheese in a large bowl.

(1 cup each).

Serve with 2 Tbsp poppyseed dressing per student (either tossed in before service or portioned in dressing cups on the side).

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.250
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	105.00
<b>Fat</b>	4.50g
<b>Saturated Fat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	70.00mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	2.50g
<b>Total Sugar</b>	12.50g
<b>Added Sugar</b>	5.50g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.34mg	<b>Iron</b> 0.44mg

## Nutrition - Per 100g

<b>Calories</b>	370.37
<b>Fat</b>	15.87g
<b>Saturated Fat</b>	2.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.91mg
<b>Carbohydrates</b>	58.20g
<b>Fiber</b>	8.82g
<b>Total Sugar</b>	44.09g
<b>Added Sugar</b>	19.40g
<b>Protein</b>	3.53g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 82.33mg	<b>Iron</b> 1.53mg