

Italian Spinach Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-55309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	6 1/2 Pound		329401
LETTUCE ROMAINE CHOP	4 Pound		735787
TOMATO GRAPE SWT	10 Cup		129631
ONION RED JUMBO	4 Cup		596973
OLIVE RIPE SLCD BLK SPAIN	3 Cup		324531
CHEESE MOZZ SHRD	4 Cup		645170
DRESSING ITAL FF	3 Cup		549592

Preparation Instructions

Combine spinach, diced red onion, halved cherry tomatoes, and sliced black olives.

Serve each salad with the vinaigrette and cheese on the side.

This allows students to add their own dressing and keeps the spinach crisp.

AP: 9/18/25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.200
OtherVeg	0.222
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	74.85
Fat	3.20g
Saturated Fat	1.36g
Trans Fat	0.00g
Cholesterol	4.80mg
Sodium	276.07mg
Carbohydrates	7.55g
Fiber	1.94g
Total Sugar	3.36g
Added Sugar	0.96g
Protein	4.02g
Vitamin A 2928.98mcg RAE	Vitamin C 18.19mg
Calcium 112.16mg	Iron 1.65mg

Nutrition - Per 100g

Calories	45.98
Fat	1.97g
Saturated Fat	0.84g
Trans Fat	0.00g
Cholesterol	2.95mg
Sodium	169.58mg
Carbohydrates	4.64g
Fiber	1.19g
Total Sugar	2.06g
Added Sugar	0.59g
Protein	2.47g
Vitamin A 1799.24mcg RAE	Vitamin C 11.18mg
Calcium 68.90mg	Iron 1.01mg