

# Italian Spinach Salad

<b>Servings:</b>	50.00	<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-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

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

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

## Nutrition - Per 100g

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