

# Strawberry Field Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31268
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	0 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SPRING MIX SWT	2 Cup		701570
STRAWBERRY	1 Ounce		212768
ONION RD SLIVERED 1/8IN	1 Ounce		313157
DRESSING POPPYSEED	2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	850942

## Preparation Instructions

Updated:7/7/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.167
<b>DarkGreen</b>	2.667
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.130
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	219.07
<b>Fat</b>	9.09g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	380.29mg
<b>Carbohydrates</b>	32.22g
<b>Fiber</b>	11.24g
<b>Total Sugar</b>	17.67g
<b>Added Sugar</b>	11.00g
<b>Protein</b>	10.87g
<b>Vitamin A</b> 3.40mcg RAE	<b>Vitamin C</b> 16.67mg
<b>Calcium</b> 285.20mg	<b>Iron</b> 5.45mg

## Nutrition - Per 100g

<b>Calories</b>	42.94
<b>Fat</b>	1.78g
<b>Saturated Fat</b>	0.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	74.53mg
<b>Carbohydrates</b>	6.32g
<b>Fiber</b>	2.20g
<b>Total Sugar</b>	3.46g
<b>Added Sugar</b>	2.16g
<b>Protein</b>	2.13g
<b>Vitamin A</b> 0.67mcg RAE	<b>Vitamin C</b> 3.27mg
<b>Calcium</b> 55.90mg	<b>Iron</b> 1.07mg