

# Tossed Romaine Salad (Red River Parish)

Page 1

Recipe

**Recipe: 000320 TOSSED ROMAINE SALAD**

Recipe Source: LCM RED RIVER  
 Recipe Group: VEGETABLES

**Recipe HACCP Process: #1 No Cook**

Alternate Recipe Name:  
 Number of Portions: 100  
 Size of Portion: 1 CUP

799940 LETTUCE,COS OR ROMAINE,RAW... 011457 SPINACH,RAW.....	4 1/2 head 4 LB	1. Wash romaine and spinach thoroughly in cold water and drain.  2. Chop lettuce.
902950 TOMATOES, CHERRY, FRESH..... 011124 CARROTS,RAW.....	4 LB + 2 1/2 OZ 4 LB + 14 1/2 OZ	3. Mix lettuce, spinach, and shredded carrots together. Place mixture into serving pans. Place cherry tomatoes on top of lettuce mixture.
		<p><u>Serving Instructions</u></p> 4. Portion 3/4 cup salad and 3 cherry tomatoes per serving.

\*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	21	kcal	Cholesterol	0.00	mg	Sugars	*1.63*	g	Calcium	36.82	mg	10.17%	Calories from Total Fat
Total Fat	0.24	g	Sodium	31.95	mg	Protein	1.24	g	Iron	0.89	mg	*1.27%*	Calories from Saturated Fat
Saturated Fat	*0.03*	g	Carbohydrates	4.45	g	Vitamin A	8030.23	IU	Water <sup>1</sup>	*62.88*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	1.84	g	Vitamin C	10.09	mg	Ash <sup>1</sup>	*0.69*	g	83.11%	Calories from Carbohydrates
												23.14%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

## Tossed Romaine Salad (Red River Parish)

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			N - Milk	
Grain.....	oz			N - Egg	
Fruit.....	cup			N - Peanut	
Vegetable.....	0.625 cup			N - Tree Nut	
Milk.....	cup			N - Fish	
<b>Moisture &amp; Fat Change</b>				N - Shellfish	
Moisture Change.	0%			N - Soy	
Fat Change.....	0%			N - Wheat	
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	799940	LETTUCE,COS OR ROMAINE,RAW			
I	011457	SPINACH,RAW			
I	902950	TOMATOES, CHERRY, FRESH			
I	011124	CARROTS,RAW			

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.