

Tossed Romaine Salad (Red River Parish)

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 ¹	*62.88*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	1.84	g	Vitamin C	10.09	mg	Ash ¹	*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
¹ - denotes optional nutrient values
² - 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.

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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	
Moisture & Fat Change					
Moisture Change.	0%			N - Shellfish	
Fat Change.....	0%			N - Soy	
Type of Fat.....				N - Wheat	

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			

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