

Cooking for Kids

Recipe Sizing Report

000013 - Garden Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 3/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.75 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs	1. Wash and cut lettuce into bite sized pieces. Dice tomatoes and cucumber. Small dice carrots. 2. Toss tomatoes, cucumber, and carrots together in a bowl until mixed. 3. Place all ingredients in a large bowl or service container.
011253 LETTUCE,GRN LEAF,RAW.....	4 lbs	
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	3 lbs	
011205 CUCUMBER,WITH PEEL,RAW.....	6 lbs	
011960 CARROTS,BABY,RAW.....	2 lbs	

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	16 kcal	Cholesterol	0 mg	Sugars	1.6 g	Calcium	21.14 mg	8.74%	Calories from Total Fat
Total Fat	0.15 g	Sodium	15 mg	Protein	0.82 g	Iron	0.53 mg	1.55%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	3.38 g	Vitamin A	4316.8 IU	Water ¹	81.37 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.18 g	Vitamin C	5.3 mg	Ash ¹	0.45 g	87.22%	Calories from Carbohydrates
								21.26%	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.