

Cooking for Kids

Recipe Sizing Report

000081 - Greek Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW..... 799908 ONIONS,RED,RAW..... 011333 PEPPERS,SWT,GRN,RAW.....	3 gals + 2 cups 10 cup 10 each (8-1/4") 1 lb + 14 ozs 2 qts + 2 cups	1. Chop romaine lettuce into 3/4 inch strips. Chop tomatoes, cucumber, onions, and peppers.
009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 051558 Cheese, Mozzarella, Lite, Shredded.....	1 qt + 3 1/2 cups 3 lbs + 12 ozs	2. Layer salad in order of ingredients into individual bowls using 1/2 cup of romaine lettuce for each salad. Top with olives and cheese. Hold at 41° F or lower for service.

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

Calories	65 kcal	Cholesterol	6 mg	Sugars	*1.5* g	Calcium	*26.38* mg	42.27%	Calories from Total Fat
Total Fat	3.07 g	Sodium	180 mg	Protein	5.12 g	Iron	*1.05* mg	20.21%	Calories from Saturated Fat
Saturated Fat	1.47 g	Carbohydrates	5.14 g	Vitamin A	*2291.1* IU	Water ¹	*94.61* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.38 g	Vitamin C	*16.5* mg	Ash ¹	*0.64* g	31.50%	Calories from Carbohydrates
								31.39%	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.