

Cooking for Kids

Recipe Sizing Report

000104 - Italian Tomato Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 799908 ONIONS,RED,RAW..... 011205 CUCUMBER,WITH PEEL,RAW.....	1 1/2 gals + 1 cup 1 2/3 cups 1 lb + 4 ozs	1. Wash all produce thoroughly. Cut the tomatoes in half and place in large bowl. Julienne onions and combine with tomatoes. Cut cucumbers in small cubes and combine with tomato mixture.
002044 BASIL,FRESH..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 902920 DRESSING, BALSAMIC VINAIGRETTE, LOW FAT.....	1 1/4 CUPS (chopped) 1 Tbsp + 2 tsp 1 Tbsp + 2 TSP (ground) 3/4 cup + 1 Tbsp	2. Add basil, salt, pepper, and dressing and mix until vegetables are well coated. Refrigerate below 41° F for at least 30 minutes before serving.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	24 kcal	Cholesterol	0 mg	Sugars	*2.4* g	Calcium	13.39 mg	26.72%	Calories from Total Fat
Total Fat	0.71 g	Sodium	207 mg	Protein	0.85 g	Iron	0.30 mg	3.65%	Calories from Saturated Fat
Saturated Fat	0.10 g	Carbohydrates	4.25 g	Vitamin A	691.1 IU	Water ¹	*86.97* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.12 g	Vitamin C	11.1 mg	Ash ¹	*0.46* g	70.64%	Calories from Carbohydrates
								14.05%	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.