

Cooking for Kids

Recipe Sizing Report

000195 - Red, White, and Blue Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: 0.5 cup Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
009040 BANANAS,RAW..... 009316 STRAWBERRIES,RAW..... 009050 BLUEBERRIES,RAW..... 019335 SUGARS,GRANULATED...	7 lbs 9 lbs 7 lbs + 8 ozs 1 cup	1. Wash all fruit. 2. Peel and dice bananas and place into a large bowl. Dice strawberries and place in bowl with bananas. Add blueberries to bananas mixture and add sugar. 3. Mix very gently and place in cooler for 30 minutes before serving.

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

Calories	69 kcal	Cholesterol	0 mg	Sugars	11.3 g	Calcium	10.18 mg	4.46%	Calories from Total Fat
Total Fat	0.34 g	Sodium	1 mg	Protein	0.87 g	Iron	0.35 mg	0.67%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	17.33 g	Vitamin A	43.6 IU	Water ¹	89.56 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.46 g	Vitamin C	30.1 mg	Ash ¹	0.51 g	101.19%	Calories from Carbohydrates
								5.09%	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.