

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: 50 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.....	3 lbs + 8 ozs	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.
009316 STRAWBERRIES,RAW.....	4 lbs + 8 ozs	
009050 BLUEBERRIES,RAW.....	3 lbs + 12 ozs	
019335 SUGARS,GRANULATED...	1/2 cup	

*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.