Cooking for Kids

000125 - Spinach Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1 CUP	Meat/Alt: Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011457 SPINACH,RAW.............................	8 lbs + 6 ozs	1. Wash all produce thoroughly. Pick through spinach to ensure that all leaves are fresh.
009316 STRAWBERRIES,RAW................	2 qts + 1/4 cup	
799908 ONIONS,RED,RAW.....................	2 cups + 1 Tbsp	2. Chop strawberries, onions, and cucumbers.
011205 CUCUMBER,WITH PEEL,RAW....	1 qt + 1/8 cup	
902955 Oranges/ Mandrine......................	2 qts + 1/4 cup	3. Mix all ingredients together in a large bowl. Hold cold for service. Serve with dressing of choice.

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

Calories	53	kcal	Cholesterol	0	mg	Sugars	*7.4*	g	Calcium	88.48	mg	6.60%	Calories from Total Fat
Total Fat	0.39	g	Sodium	64	mg	Protein	2.79	g	Iron	2.43	mg	0.98%	Calories from Saturated Fat
Saturated Fat	0.06	g	Carbohydrates	28.96	g	Vitamin A	7201.2	IU	Water[1]	*106.33*	g	*0.00%*	Calories from Trans Fat
Trans Fat[2]	*0.00*	g	Dietary Fiber	2.66	g	Vitamin C	43.9	mg	Ash[1]	*1.46*	g	219.42%	Calories from Carbohydrates
												21.18%	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.