

Cooking for Kids

Recipe Sizing Report

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Jan 26, 2022

000363 - Spinach Salad CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011457 SPINACH,RAW.....	30 1/4 cups	1. Wash all produce thoroughly. Pick through spinach to ensure that all leaves are fresh.
009316 STRAWBERRIES,RAW.....	2 cups	2. Chop strawberries, onions, and cucumbers.
799908 ONIONS,RED,RAW.....	1/2 cup	3. Mix all ingredients together in a large bowl. Hold cold for service. Serve with dressing of choice.
011205 CUCUMBER,WITH PEEL,RAW....	1 cup	
902955 Oranges/ Mandrine.....	2 cups	

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

Calories	25 kcal	Cholesterol	0 mg	Sugars	*3.5* g	Calcium	42.47 mg	6.60%	Calories from Total Fat
Total Fat	0.19 g	Sodium	31 mg	Protein	1.34 g	Iron	1.17 mg	0.98%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	13.90 g	Vitamin A	3456.6 IU	Water ¹	*51.04* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.28 g	Vitamin C	21.1 mg	Ash ¹	*0.70* 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.