

Red, White, Blue Salad - NSLP



General Information

Recipe #	Category	Source
1752821	Fruit	Local
Copied From		
Red, White, Blue Salad -		
CACFP		

Ingredients

Name	Quantity	+	Quantity 2
Bananas, raw	7 lbs.		
Strawberries, raw	10 lbs.		
Blueberries, raw	4 lbs., 8 oz.		
Sugars, granulated	½ c.		

Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash all fruit.
2. Peel and slice bananas and place into a large bowl. Quarter strawberries and place in bowl with bananas. Add blueberries to to the bowl and add sugar.
3. Mix very gently and place in cooler for 30 minutes before serving.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.



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Serving Size	Yield
0.5 Cup	100.00

Nutrition Facts

Serving Size 0.5 Cup (99 gm)

Amount Per Serving		
Calories		58.309
% Daily Value*		
Total Fat	0.308 gm	0.474%
Saturated Fat	0.048 gm	0.24%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	0.985 mg	0.041%
Total	14.701 gm	4.9%
Carbohydrate		
Dietary Fiber	2.223 gm	8.89%
Total Sugars	9.140 gm	
Includes N/A* gm of Added Sugars		
Protein	0.801 gm	1.602%

Vitamin A, RAE	N/A* mcg	
Vitamin C	31.414 mg	52.356%
Vitamin D	0.000 mcg	
Calcium	10.080 mg	1.008%
Iron	0.326 mg	1.812%
Potassium	198.807 mg	4.23%

Saturated Fat % of Calories	0.742 %
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* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Dates

Last Updated	Created
02-20-2025	02-20-2025

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