

# Spinach Salad - CACFP



## General Information

| Recipe # | Category                                                                                     | Source |
|----------|----------------------------------------------------------------------------------------------|--------|
| 1752913  | Vegetables  | Local  |

## Ingredients

| Name                                                           | Quantity                                      | + | Quantity<br>2 |
|----------------------------------------------------------------|-----------------------------------------------|---|---------------|
| Spinach, raw                                                   | 15 ¾ oz.                                      |   |               |
| Strawberries, raw                                              | 3 oz.                                         |   |               |
| Onions, raw                                                    | 1 tbsp., 2 ⅞ tsp.<br>chopped, raw to prepared |   |               |
| Cucumber, with peel, raw                                       | 3 tbsp., 2 ⅞ tsp.<br>chopped                  |   |               |
| Tangerines, (mandarin oranges),<br>canned, juice pack, drained | 4 ⅓ oz.                                       |   |               |

## Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash all produce thoroughly. Pick through spinach to ensure that all leaves are fresh.
2. Chop strawberries, onions, and cucumbers.
3. Mix all ingredients together in a large bowl. Hold cold for service. Serve with dressing of choice.

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.



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| Serving Size | Yield |
|--------------|-------|
| 1 Cup        | 6.00  |

## Nutrition Facts

Serving Size 1 Cup (110 gm)

| Amount Per Serving                |             |         |
|-----------------------------------|-------------|---------|
| Calories                          |             | 29.811  |
| % Daily Value*                    |             |         |
| Total Fat                         | 0.336 gm    | 0.517%  |
| Saturated Fat                     | 0.050 gm    | 0.25%   |
| Trans Fat                         | 0.000 gm    |         |
| Cholesterol                       | 0.000 mg    |         |
| Sodium                            | 58.602 mg   | 2.442%  |
| Total                             | 5.838 gm    | 1.946%  |
| Carbohydrate                      |             |         |
| Dietary Fiber                     | 2.154 gm    | 8.615%  |
| Total Sugars                      | 2.763 gm    |         |
| Includes 0.000 gm of Added Sugars |             |         |
| Protein                           | 2.353 gm    | 4.705%  |
| Vitamin A, RAE                    | 354.087 mcg | 39.343% |
| Vitamin C                         | 35.501 mg   | 59.169% |
| Vitamin D                         | 0.000 mcg   |         |
| Calcium                           | 77.209 mg   | 7.721%  |
| Iron                              | 2.087 mg    | 11.595% |
| Potassium                         | 459.145 mg  | 9.769%  |
| Saturated Fat % of Calories       |             | 1.512%  |

\* 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

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.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

Dates

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

| Component  | Measurement |
|------------|-------------|
| Dark Green | 0.5 cups    |
| Fruits     | 0.125 cups  |

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe