

WI Dept of Public Instruction

Recipe: 003813 MANDARIN SPINACH SALAD

Recipe HACCP Process: #1 No Cook

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/2 CUP

011457 SPINACH,RAW..... 993288 MANDARIN ORANGES,CND,LT SYRUP,DRND..... 002053 VINEGAR,DISTILLED..... 019335 SUGARS,GRANULATED..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED FAT...	2 1/2 LB 1/2 #10 CAN 1/2 CUP 1/2 CUP 1/2 CUP	*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODCUTS USED
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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	52 kcal	Cholesterol	0.00 mg	Protein	0.81 g	Calcium	25.04 mg	40.12%	Calories from Total Fat
Total Fat	2.31 g	Sodium	19.81 mg	Vitamin A	230.98 RE	Iron	0.73 mg	3.11%	Calories from Saturated Fat
Saturated Fat	0.18 g	Carbohydrates	7.72 g	Vitamin A	2519.52 IU	Water ¹	*48.20* g	*0.98%*	Calories from Trans Fat
Trans Fat ¹	*0.06* g	Dietary Fiber	0.86 g	Vitamin C	12.32 mg	Ash ¹	*0.45* g	59.53%	Calories from Carbohydrates
								6.27%	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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
Moisture & Fat Change				
Moisture Change.	0%			
Fat Change.....	0%			
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011457	SPINACH,RAW			

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.

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Recipe

Dec 2, 2011

I	993288	MANDARIN ORANGES,CND,LT SYRUP,DRND			
I	002053	VINEGAR,DISTILLED			
I	019335	SUGARS,GRANULATED			
I	050382	OIL, VEGETABLE, SOYBEAN, LOW SATURATE			

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