

WI Dept of Public Instruction

Recipe: 003795 SAVORY SPINACH SALAD

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name:
Number of Portions: 31
Size of Portion: 1/4 CUP

004073 MARGARINE,REG,HARD,SOYBN (HYDR)... 001017 CHEESE,CREAM..... 011215 GARLIC,RAW..... 002030 PEPPER,BLACK..... 117073 SALT, KOSHER..... 002053 VINEGAR,DISTILLED..... 011457 SPINACH,RAW.....	3 OZ 4 OZ 1 1/2 TBSP 1 TSP 1 TSP 1 1/2 TBSP 2 1/2 LB	*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED
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*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	42 kcal	Cholesterol	4.02 mg	Protein	1.32 g	Calcium	41.71 mg	78.12%	Calories from Total Fat
Total Fat	3.61 g	Sodium	116.95 mg	Vitamin A	281.73 RE	Iron	1.03 mg	25.72%	Calories from Saturated Fat
Saturated Fat	1.19 g	Carbohydrates	1.68 g	Vitamin A	3577.61 IU	Water ¹	*36.79* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.83 g	Vitamin C	10.43 mg	Ash ¹	*0.74* g	16.19%	Calories from Carbohydrates
								12.72%	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

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

Production Specification

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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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004073	MARGARINE,REG,HARD,SOYBN (HYDR)			
I	001017	CHEESE,CREAM			
I	011215	GARLIC,RAW			
I	002030	PEPPER,BLACK			
I	117073	SALT, KOSHER			
I	002053	VINEGAR,DISTILLED			
I	011457	SPINACH,RAW			

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