

# WI Dept of Public Instruction

**Recipe: 003796 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.....	4 LB	
009316 STRAWBERRIES,RAW.....	2 LB	
902362 ONIONS,RED,RAW.....	1 medium (2-1/2" dia)	
019335 SUGARS,GRANULATED.....	2/3 CUP	
002033 POPPY SEED.....	4 TBSP	
903642 VINEGAR RASPBERRY.....	4 TBSP	
004018 SALAD DRSNG,MAYO TYPE,REG,W/SALT...	2 CUP	

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

Calories	67 kcal	Cholesterol	2.44 mg	Protein	1.39 g	Calcium	50.80 mg	49.03%	Calories from Total Fat
Total Fat	3.63 g	Sodium	95.98 mg	Vitamin A	252.29 RE	Iron	1.15 mg	7.01%	Calories from Saturated Fat
Saturated Fat	0.52 g	Carbohydrates	8.22 g	Vitamin A	3425.57 IU	Water <sup>1</sup>	*55.42* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.34 g	Vitamin C	21.04 mg	Ash <sup>1</sup>	*0.93* g	49.35%	Calories from Carbohydrates
								8.37%	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

<sup>1</sup> - 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
<b><u>Moisture &amp; Fat Change</u></b>				
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	011457	SPINACH,RAW			
I	009316	STRAWBERRIES,RAW			
I	902362	ONIONS,RED,RAW			
I	019335	SUGARS,GRANULATED			
I	002033	POPPY SEED			
I	903642	VINEGAR RASPBERRY			
I	004018	SALAD DRSG,MAYO TYPE,REG,W/SALT			

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