



# Sizing Prep Report

American Dairy Association North East

## · 990113 - Corn Salad

Recipe HACCP Process: #1 No Cook  
Source: DSB  
Number of Portions: 50  
Portion Size: 1/2 CUP

| Ingredient # | Ingredient Name                        | Measurements            | Instructions  |
|--------------|--|-------------------------|---|
| 122253       | 12/2.5 Frozen Cut Corn                 | 30 (0.667 CUP)          | <b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b> |
| 011529       | TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE | 5 cup cherry tomatoes   |   |
| 799908       | ONIONS,RED,RAW                         | 1 1/4 CUP (chopped)     |   |
| 002044       | BASIL,FRESH                            | 1 1/4 cup (chopped)     |   |
| 009160       | LIME JUICE,RAW                         | 1 1/4 CUP               |   |
| 002030       | PEPPER,BLACK                           | 1 tbsp + 2 tsp (ground) | Mix all ingredients together. Chill before serving. Portion using a #8 scoop.<br><br><b>CCP:</b> Hold for cold service at 41° F or lower.<br><br><b>CCP:</b> Refrigerate until served.  |

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

|                            |             |                        |           |                     |              |           |            |                                     |
|----------------------------|-------------|------------------------|-----------|---------------------|--------------|-----------|------------|-------------------------------------|
| Calories <sup>1</sup>      | 54.616 kcal | Total Fat              | 0.353 g   | Total Dietary Fiber | 1.546 g      | Vitamin C | *4.343* mg | 5.809% Calories from Total Fat      |
| Saturated Fat <sup>1</sup> | 0.010 g     | Trans Fat <sup>2</sup> | *0.000* g | Protein             | 2.058 g      | Iron      | 0.350 mg   | 0.165% Calories from Sat Fat        |
| Sodium <sup>1</sup>        | 1.114 mg    | Cholesterol            | 0.000 mg  | Vitamin A           | *184.395* IU | Water     | *24.145* g | *0.000%* Calories from Trans Fat    |
| Sugars                     | *1.699* g   | Carbohydrate           | 13.038 g  | Calcium             | 6.152 mg     | Ash       | *N/A* g    | 95.486% Calories from Carbohydrates |
| Moisture Change            | 0.000 %     | Fat Change             | 0.000 %   | Portion Cost        | \$0.000      |           |            | 15.073% Calories from Protein       |
| Type of Fat                | -           |                        |           |                     |              |           |            |                                     |

| Components    |       |       |       |           |        |
|---------------|-------|-------|-------|-----------|--------|
| Meat/Meat ALT | oz eq | Grain | oz eq | Fruit     | cup    |
|               |       |       |       | Vegetable | .5 cup |
|               |       |       |       | Milk      | cup    |

\*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 required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® 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.