



# 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)	<p><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></p> <p>Mix all ingredients together. Chill before serving. Portion using a #8 scoop.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
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)	

\*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
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\*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.