



Sizing Prep Report

American Dairy Association North East

· 990037 - Spinach Salad with Fruit

Recipe HACCP Process:

Source: DSB

Number of Portions: 50

Portion Size: 1 1/4 cup

Ingredient #	Ingredient Name	Measurements	Instructions
011457	SPINACH,RAW	3 gal + 2 CUP	<p>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.</p> <p>Wash spinach and drain. Drain Mandarin oranges. Portion 1 cup of spinach and 1/4 cup oranges into a 10 oz bowl for meal service.</p> <p>NOTE: Fresh berries may be substituted for the Mandarin oranges.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
990117	MANDARIN ORANGES,CND,LT SYRUP,DRND	6 LB + 4 oz	

*Nutrients are based upon 1 Portion Size (1 1/4 cup)

Calories ¹	42.620 kcal	Total Fat	0.196 g	Total Dietary Fiber	1.340 g	Vitamin C	19.543 mg	4.147% Calories from Total Fat
Saturated Fat ¹	0.025 g	Trans Fat ²	*0.000* g	Protein	1.164 g	Iron	1.023 mg	0.519% Calories from Sat Fat
Sodium ¹	27.102 mg	Cholesterol	0.000 mg	Vitamin A	3546.785 IU	Water	74.514 g	*0.000%* Calories from Trans Fat
Sugars	*0.126* g	Carbohydrate	10.195 g	Calcium	34.236 mg	Ash	0.629 g	95.682% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.924% 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

¹ - denotes required nutrient values

² - 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.