



# Sizing Prep Report

American Dairy Association North East

## 990064 - Tangy Asian Chicken Salad Plate

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	4 1/2 gal + 3 cup (chop(1/2"pcs,lose pkd)	<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>Prep all salad ingredients.</p> <p>Salad Assembly in Salad Container:</p> <p>Lettuce topped with 4 cucumber slices,3 baby carrots,3 pepper rings,1/4 cup drained Mandarin oranges,1/4 cup diced chicken and topped with Chow Mein Noodles.</p>
011205	CUCUMBER,WITH PEEL,RAW	1 qt + 2 1/4 CUP (slices)	
011960	CARROTS,BABY,RAW	9 LB + 6 oz	
011333	PEPPERS,SWEET,GREEN,RAW	150 rings (3" dia x 1/4")	
901843	CHICK,DICED,CKD,FROZEN-COMMOD	3 LB + 2 oz	
020113	NOODLES,CHINESE,CHOW MEIN	12 1/2 cup dry	
009219	TANGERINES,(MANDARIN ORANGES),CND,JUC PK	3 qt + 1/2 CUP	
121341	Dinner Rolls, Whole Grain, Hearth Baked, Spli	50 Dinner Roll	<p>Add the cheese stick and the dinner roll.</p> <p>For dressing,mix one cup of plum sauce with 1 cup of apple juice. Portion in 2 oz souffle cups with lid and add one serving to each salad box.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
006151	SAUCE,PLUM,READY-TO-SERVE	3 LB + 2 oz	
122019	Cheese Stick	50 Ounce	
121055	Apple 100% Juice	3 LB + 2 oz	

\*Nutrients are based upon 1 Portion Size (EACH)

Calories <sup>1</sup>	468.027 kcal	Total Fat	12.749 g	Total Dietary Fiber	7.806 g	Vitamin C	*50.521* mg	24.515% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.141 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	22.977 g	Iron	4.563 mg	9.886% Calories from Sat Fat
Sodium <sup>1</sup>	849.139 mg	Cholesterol	40.373 mg	Vitamin A	*12840.144* IU	Water	*312.911* g	*0.000%* Calories from Trans Fat
Sugars	*16.026* g	Carbohydrate	66.583 g	Calcium	304.022 mg	Ash	*N/A* g	56.905% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.637% Calories from Protein
Type of Fat	-							

\*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.

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Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	1.5 cup
				Milk	cup

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