John Stalker Institute

000119 - Farmer's Garden Salad

Recipe HACCP Process: #1 No Cook

Source:
Number of Portions: 50
Size of Portion: 1 cup

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0.875 Cup
Milk: 0 Cup

Ingredient	Amount	Instruction
011251 LETTUCE,COS OR ROMAINE,RAW....................................	25 CUP, shredded	1. Wash and shred romaine lettuce. Keep chilled while you prepare the other ingredients.
011143 CELERY,RAW... 011205 CUCUMBER,WITH PEEL,RAW... 901590 TOMATOES,PLUM+ITALIAN,RAW.. 011124 CARROTS,RAW..	6 1/2 CUP,chopped 6 1/2 CUP, slices 6 1/2 CUP, chopped or sliced 6 1/2 CUP, chopped	2. Wash all vegetables thoroughly. Chop celery, cube or slice cucumber, and dice or slice tomatoes. Carrots can be either sliced or shredded.
902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL...	6 1/2 CUP	3. Drain and rinse garbanzo beans.
		4. Serve 1/2 cup shredded lettuce, topped with 1/8 cup celery, 1/8 cup cucumbers, 1/8 cup tomatoes, 1/8 cup carrots, and 1/8 cup garbanzo beans. OPTIONAL: Serve with preferred dressing on the side. CCP: Hold for cold service at 41° F or lower.

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

Calories	56 kcal	Cholesterol	0.00 mg	Protein	2.37 g	Calcium	32.88 mg	8.79%	Calories from Total Fat
Total Fat	0.55 g	Sodium	118.65 mg	Vitamin A	549.74 RE	Iron	0.83 mg	1.13%	Calories from Sat Fat
Saturated Fat	0.07 g	Carbohydrate	11.22 g	Vitamin A	5119.81 IU	Water[1]	*84.44* g	*0.00%*	Calories from Trans Fat
Trans Fat[1]	*0.00* g	Dietary Fiber	2.90 g	Vitamin C	6.87 mg	Ash[1]	*0.56* g	79.68%	Calories from Carbohydrates
								16.85%	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
¹ - denotes optional nutrient values

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.