



825120 - Romaine Salad

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: each

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.875 cup
 Milk:

Recipe Subgroups:
 Vegetable, Dark Green
 Vegetable, Red/Orange
 Vegetable, Red/Orange

Attributes:
 Vegetables

HACCP Process: #1 No Cook

| Ingredients | Measures | Instructions |
|---|---------------------------------|--|
| 011251 LETTUCE,COS OR ROMAINE,RAW..... | 2 lbs + 2 ozs | CCP: No bare hand contact with ready to eat food. Weigh pre-cut chopped romaine lettuce. Purchased, pre-cut romaine does not require rinsing if it has been pre-washed. For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 3 lb. 4 oz. equals approximately 2 pounds 2 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). CCP: Hold at 41 degrees F. or lower. |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... | 2 lbs + 2 OZS (cherry tomatoes) | Weigh tomatoes and wash under running water. Allow tomatoes to drain in a colander and air dry prior to assembling salads. |
| 011124 CARROTS,RAW..... | 10 1/2 OZS (shredded) | Weigh the required amount of pre-cut shredded carrots. |
| | | CCP: No bare hand contact with ready to eat food. Assemble the salads in an 8 ounce square portion cup: <ul style="list-style-type: none"> • Place 1 cup chopped romaine in container. • Sprinkle 2 Tablespoons (number 30 disher) shredded carrots. • Top with 3 cherry tomatoes. Offer a variety of purchased or school-made salad dressings according to the planned menu. CCP: Hold and Serve at 41 degrees F. or lower. |

*Nutrients are based upon 1 Portion Size (each)

| | | | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|--------------------|----------|--------|-----------------------------|
| Calories | 18 kcal | Cholesterol | 0 mg | Sugars | 2.0 g | Calcium | 20.51 mg | 10.84% | Calories from Total Fat |
| Total Fat | 0.22 g | Sodium | 13 mg | Protein | 0.92 g | Iron | 0.51 mg | 1.48% | Calories from Saturated Fat |
| Saturated Fat | 0.03 g | Carbohydrates | 3.91 g | Vitamin A | 5668.5 IU | Water ¹ | 83.43 g | 0.00% | Calories from Trans Fat |

| | | | | | | | | | |
|------------------------|--------|---------------|--------|-----------|--------|------------------|--------|--------|-----------------------------|
| Trans Fat ² | 0.00 g | Dietary Fiber | 1.61 g | Vitamin C | 7.5 mg | Ash ¹ | 0.53 g | 85.09% | Calories from Carbohydrates |
| | | | | | | | | 20.12% | 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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.