



### 825127 - Strawberry Spinach Salad

Source: K12 Culinary  
 Number of Portions: 25  
 Size of Portion: 1 1/4 cup

**Components:**  
 Meat/Alt:  
 Grains:  
 Fruit: 0.25 cup  
 Vegetable: 0.5 cup  
 Milk:

**Recipe Subgroups:**  
 Vegetable, Dark Green

**Attributes:**  
 Meat/Meat Alter  
 Vegetables  
 Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW..... 011457 SPINACH,RAW.....	1 lb + 1 oz 2 LBS (EP)	<b>CCP: No bare hand contact with ready to eat food.</b> Weigh shredded lettuce and set aside for salad assembly. Purchased, precut romaine does not require rinsing before use.  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: 1 lb. 1 oz. equals approximately 11 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).  Weigh required amount of pre-washed spinach.  Combine spinach and romaine by tossing lightly.
009316 STRAWBERRIES,RAW.....	1 lb + 4 ozs	<b>CCP: Hold at 41 degrees F. or lower.</b> Weigh, then rinse strawberries under running water. Cut into quarters. For quality, hold at 41 degrees F or below.
825962 Mandarin Orange Sections, Whole Dole....	2 lbs	<b>CCP: No bare hand contact with ready to eat food.</b> Drain mandarin oranges and then weigh required amount. (Note: 1 pound equals approximately 1 ½ cups drained oranges.)  In a large bowl or container, gently combine cut strawberries and mandarin oranges. For quality, hold at 41 degrees F or below.
		<b>CCP: No bare hand contact with ready to eat food.</b> Assemble the salads in an 8 ounce flat portion cup in the following order: Place 1 cup romaine/spinach mixture in container. Top with 1/4 cup (no. 16 disher) of the strawberry/mandarin orange mixture. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b> Salad may be offered with a variety of salad dressings.. A light vinaigrette-type is recommended. Follow the recommendations of the menu planner.

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

Calories	43 kcal	Cholesterol	0 mg	Sugars	6.8 g	Calcium	45.91 mg	5.64%	Calories from Total Fat
Total Fat	0.27 g	Sodium	33 mg	Protein	1.43 g	Iron	1.37 mg	0.71%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	9.34 g	Vitamin A	5111.2 IU	Water <sup>1</sup>	*72.03* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.81 g	Vitamin C	30.5 mg	Ash <sup>1</sup>	*0.83* g	87.59%	Calories from Carbohydrates
								13.37%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.