

# John Stalker Institute

**000139 - SALAD, TOSSED: no dressing**

**Recipe HACCP Process: #1 No Cook**

Source:  
Number of Portions: 50  
Size of Portion: CUP

Meat/Alt: 0 oz  
Grains: 0 oz  
Fruit: 0 Cup  
Vegetable: 0.75 Cup  
Milk: 0 Cup

011251 LETTUCE, COS OR ROMAINE, RAW..... 7 LB 011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE..... 12 CUP, chopped or sliced 011112 CABBAGE, RED, RAW..... 6 1/2 CUP, shredded 011124 CARROTS, RAW..... 6 1/2 CUP, grated 011429 RADISHES, RAW..... 2 CUP, slices 016058 CHICKPEAS (GARBANZO BNS, BENGAL GM), MATURE SEE... 6 1/2 CUP	<b>PREPARE VEGETABLES:</b> ROMAINE LETTUCE - trim and chop into 1 inch pieces TOMATOES - chop or slice RED CABBAGE - trim, core, and shred CARROTS - peel, trim, and shred RADISHES - trim and slice CUCUMBERS - trim, score, and slice CHICKPEAS - DRAIN	Mix all ingredients together. Serve 1 cup salad in an individual salad bowl.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (CUP)

Calories	55 kcal	Cholesterol	0.00 mg	Protein	2.99 g	Calcium	46.17 mg	15.24%	Calories from Total Fat
Total Fat	0.94 g	Sodium	108.11 mg	Vitamin A	595.18 RE	Iron	1.25 mg	1.77%	Calories from Sat Fat
Saturated Fat	0.11 g	Carbohydrate	10.18 g	Vitamin A	8401.49 IU	Water <sup>1</sup>	150.69 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.89 g	Vitamin C	15.21 mg	Ash <sup>1</sup>	1.15 g	73.41%	Calories from Carbohydrates
								21.57%	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

**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.