990379 - Corn Salad

Recipe HACCP Process: #1 No Cook
Source: DCPS
Number of Portions: 10
Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
990624	Corn, Cut, Frozen, 1/30lb, GFS	5 cup	1. Allow corn to thaw 2. Chop onions and peppers 3. Mix seasonings,vinegar and oil together 4. Toss corn,onion,and together with the oil mixture 5. Place 1/2 cup into a 5.5oz souffle cup
011282	ONIONS,RAW	1/2 CUP, chopped	
990569	Vinegar, Distilled, White, 4/1gal, Gordon Choice	3 tbsp	
990571	Oil, Olive and Soy Blend, 6/1gal	3 tbsp	CCP: Cover,date,label,and refrigerate at 40°F or lower until ready for service.
990577	Salt, Iodized, 18/2.25lb, GFS	1/2 tsp	
990502	Seasoning, Italian Herb, 1/6oz, Trade East	2 tsp	
011333	PEPPERS,SWEET,GREEN,RAW	1/2 CUP, chopped	Save leftovers for up to three (3) days.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories[1]	117.190 kcal	Total Fat	4.971 g	Total Dietary Fiber	1.763 g	Vitamin C	*6.582* mg	38.174% Calories from Total Fat
Saturated Fat[1]	0.608 g	Trans Fat[2]	0.000 g	Protein	2.402 g	Iron	*0.043* mg	4.667% Calories from Sat Fat
Sodium[1]	120.568 mg	Cholesterol	0.000 mg	Vitamin A	*27.725* IU	Water	*14.124* g	0.000% Calories from Trans Fat
Sugars	2.018 g	Carbohydrate	16.843 g	Calcium	*2.657* mg	Ash	*N/A* g	57.489% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	$0.207			8.199% Calories from Protein
Type of Fat	-						

Components

Meat/Meat ALT oz eq	Grain oz eq	Fruit cup	Vegetable .5 cup	Milk cup

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 required nutrient values
[2] - 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.