

# Spinach Salad100

Number of Servings: 100 (89.76 g per serving)

Amount	Measure	Ingredient
6.00	gal	Spinach, fresh, chpd
6.00	qt	Mandarin Oranges, cnd, w/juice, drnd
6 1/2	cup	Salad Dressing, honey mustard, rducd cal

## Nutrients per serving

Nutrition Facts	
Serving Size (90g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 1g</b>	
Vitamin A 70%	• Vitamin C 40%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Instructions

Arrange 1/4 c drained Mandarin orange on 1 c. fresh chopped spinach for each salad.

Serve with 1 T. Reduced calorie Honey Mustard Salad dressing.

Each salad = 1/2 CS

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.