

Spinach Salad15

Number of Servings: 15 (93.25 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 3 3/4 | qt | Spinach, fresh, chpd |
| 3 3/4 | cup | Mandarin Oranges, cnd, w/juice, drnd |
| 1.00 | cup | Salad Dressing, honey mustard, rducd cal |

Nutrients per serving

Nutrition Facts

Serving Size (93g)
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 1g

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.