



000631 - SOUTHWEST VEGGIE SALAD

Source: Kelsie & Hannah

Number of Portions: 1

Size of Portion: EACH

Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable: 1.75 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Dark Green

Vegetable, Red/Orange

Vegetable, Other

Vegetable, Other

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE, COS OR ROMAINE, RAW.....	1 CUP (chopped)	To Prepare: 1. Toss romaine and spinach salad together to combine. 2. Layer black beans, tomatoes, cucumbers, and avocado on the bed of lettuce mix. 3. Sprinkle cheese on top of salad. 4. Refrigerate until served. *Toss avocado with some lemon juice to prevent browning
011457 SPINACH, RAW.....	1 cup	
011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE....	1/4 CUP (chopped or sliced)	
009037 AVOCADOS, RAW, ALL COMM VAR.....	1/4 CUP (cubes)	
011205 CUCUMBER, WITH PEEL, RAW.....	1/4 CUP (slices)	
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	1/2 cup	5. Place ranch dressing in a 2oz. souffle cup. Serve with salad. CCP: Hold for cold service at 41° F or lower. CCP: No bare-hand contact of any exposed cooked or ready-to-eat food. CCP: Refrigerate until served.
902581 CHEESE, CHEDDAR, SHREDDED, RS, RF, LOL.....	1 Tbsp	
000625R DRESSING, RANCH.....	2 Tbsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	279 kcal	Cholesterol	9 mg	Protein	12.54 g	Calcium	116.56 mg	40.24%	Calories from Total Fat
Total Fat	12.49 g	Sodium	393 mg	Vitamin A	386.0 RE	Iron	4.01 mg	6.19%	Calories from Saturated Fat
Saturated Fat	1.92 g	Carbohydrates	31.75 g	Vitamin A	7437.9 IU	Water ¹	*180.47* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	13.20 g	Vitamin C	26.2 mg	Ash ¹	*1.92* g	45.44%	Calories from Carbohydrates
								17.95%	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

¹ - denotes optional nutrient values

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	YES	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							