

# Humboldt Unified School District

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Recipe

Sep 11, 2023

Recipe: 001676 Mushroom Com Salad

Recipe HACCP Process: #2 Same Day Service

Recipe Source:  
Recipe Group: SALADS

Alternate Recipe Name:  
Number of Portions: 15  
Size of Portion: SERVINGS

011938 MUSHROOM,WHITE,EXPOSED TO UVLT,RAW....	2 CUP pieces or slices	Rinse and slice mushrooms.
900170 CORN, WHOLE KERNEL, GOLDEN, CND.....	2 SERVING (1/2 CUP)	Fill a medium pot with some water and add sliced mushrooms.
011946 PICKLES,CUCUMBER,SOUR,LO NA.....	6 medium (3-3/4" long)	Bring to a boil for 15 minutes, then remove from heat.
902859 LETTUCE COS OR ROMAINE RAW.....	1 head	Slice pickles, chop dill (or use dried dill, lettuce, onion and place in bowl.
901783 Onions, red, raw.....	1/2 CUP, chopped	Add corn, seasoning and mayo.
903666 Mayonnaise, Lite.....	4 ONE TBS	Strain mushrooms and place in bowl with other ingredients.
902876 DILL WEED,DRIED.....	1/8 CUP	Mix well and serve.
This dish can be served both warm or cold.		

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	35 kcal	Cholesterol	1.33 mg	Sugars	*0.46* g	Calcium	25.32 mg	30.02%	Calories from Total Fat
Total Fat	1.17 g	Sodium	74.22 mg	Protein	1.30 g	Iron	0.82 mg	3.96%	Calories from Saturated Fat
Saturated Fat	0.15 g	Carbohydrates	5.53 g	Vitamin A	3708.92 IU	Water <sup>1</sup>	*77.36* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.70 g	Vitamin C	3.21 mg	Ash <sup>1</sup>	*1.21* g	62.83%	Calories from Carbohydrates
								14.73%	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  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shell fish
Moisture Change. %				? - Soy
Fat Change..... %				? - Wheat
Type of Fat.....				

## Production Specification

**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.