

Idaho Child Nutrition Programs

Recipe: 000039 Vegetable Pasta Salad K-12

Recipe Source: Chef Brenda
 Recipe Group: SALADS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 7/8 cup

011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	6 5/8 LB	Prepare Ingredients: Dice tomatoes.
050460 ROTINI, WHOLE GRAIN, COOKED, NO SALT ADDED...	6 LB	Cook Pasta: Cook pasta according to package directions until "al dente" (tender, but still a little firm) and cool. DO NOT OVER COOK PASTA.
902383 Reduced Calorie Mayonnaise..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 002029 PARSLEY,DRIED..... 002026 ONION POWDER..... 002020 GARLIC POWDER..... 009152 LEMON JUICE,RAW..... 002047 SALT, TABLE..... 002017 DILL WEED,DRIED.....	1 gallon 2 CUP 1 CUP 2 1/2 TBSP 1/4 CUP 1/4 CUP 2 TBSP 1/2 CUP	Prepare Dressing: In a mixer, using a whisk attachment, combine mayonnaise, yogurt, parsley, onion powder, garlic powder, lemon juice, salt, and dill weed.
011090 BROCCOLI,RAW.....	3 1/2 LB, florets	Assemble Dish: Toss dill-ranch dressing, pasta, broccoli florets, and diced tomatoes in a large mixing bowl. Serve chilled.

*Nutrients are based upon 1 Portion Size (7/8 cup)

Calories	177 kcal	Cholesterol	25.49 mg	Protein	2.61 g	Calcium	31.58 mg	65.98%	Calories from Total Fat
Total Fat	12.98 g	Sodium	393.78 mg	Vitamin A	51.08 RE	Iron	0.69 mg	13.30%	Calories from Saturated Fat
Saturated Fat	2.62 g	Carbohydrates	13.04 g	Vitamin A	371.70 IU	Water ¹	*47.38* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.14 g	Vitamin C	19.02 mg	Ash ¹	*0.79* g	29.46%	Calories from Carbohydrates
								5.89%	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

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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	1.000 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.375 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	050460	ROTINI, WHOLE GRAIN, COOKED, NO SALT A			
I	902383	Reduced Calorie Mayonnaise			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	002029	PARSLEY,DRIED			
I	002026	ONION POWDER			
I	002020	GARLIC POWDER			
I	009152	LEMON JUICE,RAW			
I	002047	SALT, TABLE			
I	002017	DILL WEED,DRIED			
I	011090	BROCCOLI,RAW			

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