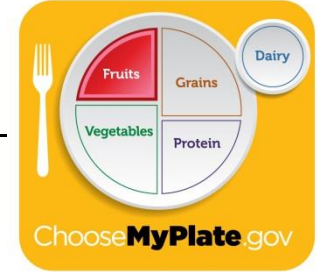


Minted Watermelon Salad



Recipe Source: Chef Bill Knapp
 Recipe Group: FRUITS

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 1/4 cup

009326 WATERMELON,RAW..... 009159 LIMES,RAW..... 799918 MINT LEAVES, FRESH... 002047 SALT, TABLE.....	9 LB 10 fruit (2" dia) 2 1/2 CUP 1 TBSP	1) Refrigerate watermelons, limes, and fresh mint overnight before prepping. 2) Rinse outer surface of melons and limes under cool running water. 3) Rinse mint under cool running water and dry before shredding. 4) Peel and cube the watermelons into bite-sized pieces 5) Squeeze the limes onto the watermelons and add the mint. 6) Toss the ingredients until well combined.
		7) Season with salt. CCP: Refrigerate until served. CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	29 kcal	Cholesterol	0.00 mg	Protein	0.62 g	Calcium	11.93 mg	4.84%	Calories from Total Fat
Total Fat	0.15 g	Sodium	142.76 mg	Vitamin A	48.01 RE	Iron	0.34 mg	0.51%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	7.64 g	Vitamin A	559.63 IU	Water ¹	87.10 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	0.75 g	Vitamin C	10.53 mg	Ash ¹	0.62 g	105.93%	Calories from Carbohydrates
								8.57%	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.

