



## Recipe Production

**Recipe Number:** FS058

**Recipe Name:** TOMATO CUCUMBER SALAD

**Hot:** No

**Recipe Source:** Boulder Valley School District

**HACCP Process Category:**

No Cook

**Serving Description:** 1/2 cup or 2.75 oz weight

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2547	TOMATO CHERRY 12/PT	7	Pound	11 1/8	Ounce	(Unassigned)
2564	CUCUMBER 45 LB	10	Pound	2	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	TBSP	1 1/3	TSP	(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	1 1/2	tsp			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1	Cup			(Unassigned)
1064	SPICE DILL DRY BULK 5 LB	3/4	tsp			(Unassigned)
1031	VINEGAR RED WINE 1 GAL	7	Tbsp	2	tsp	(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe Source: Boulder Valley School District Food Services  
Unpared cucumbers yield 98%

**Preparation Instructions**

Wash cucumbers and tomatoes.  
Slice ends off cucumbers and dice. Slice cherry tomatoes in half. Make dressing with liquids and seasonings.  
Mix all ingredients together.

**Serving Instructions**

2.75 oz weight per serving. Serve from line or salad bar.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	3,303.3758	39.6339	33.0338		
Saturated Fat	g	31.5553	0.3786	0.3156	8.60	
Sodium	mg	11,228.6473	134.7213	112.2865		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	221.7703	2.6608	2.2177	60.42	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	288.3314	3.4594	2.8833	34.91	
Total Dietary Fiber	g	114.8525	1.3780	1.1485		
Protein	g	62.2771	0.7472	0.6228	7.54	
Vitamin A (RE)	RE	2,754.2759	33.0458	27.5428		
Vitamin A (IU)	IU	49,338.8853	591.9679	493.3889		
Vitamin C	mg	583.8807	7.0054	5.8388		
Calcium	mg	2,182.9890	26.1915	21.8299		
Iron	mg	20.9285	0.2511	0.2093		
Moisture	g	7,594.1913	91.1151	75.9419		*
Ash	g	68.7365	0.8247	0.6874		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2547	TOMATO CHERRY 12/PT	1.00	(Unassigned)	9	0.70	PINT	/
2564	CUCUMBER 45 LB	1.00	(Unassigned)	10	0.12	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.11	OZ	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (	/
1064	SPICE DILL DRY BULK 5 LB	1.00	(Unassigned)	0	0.00	LB	/
1031	VINEGAR RED WINE 1 GAL	1.00	(Unassigned)	0	0.03	GAL	/

**REPORT CRITERIA:**

Sections Filter(s):

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