

Maple Vinaigrette *N - Maple Balsamic Vinaigrette Dressing

Recipe:	R-0465	HACCP Process:	Same Day Service		
# of Servings:	24.00	Serving Size:	1 oz.	Source:	VT Harvest of the Month
Grams Per Serving:	28.17	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Balsamic Vinegar	6 OZ	<p>CCP: Hold for cold service at 41° F or lower.</p> <p>1. 1. Mix together all ingredients, pour over salad 2. Be sure to shake up the dressing before you pour.</p> <p>CCP: Refrigerate until served.</p>
Real Maple Syrup	6 OZ	
Spice, Mustard, ground, 6/15 oz; as purchased	1 TBSP	
Oil, olive, salad or cooking	1 CUP + 1/2 CUP	
PEPPER, BLACK, GROUND	1/2 TSP	
Salt, table	1/2 TSP	

Notes:

Production Notes:

Serving Notes: "Vermont Harvest of the Month provides ready-to-go materials to promote local food in your classroom, cafeteria and community. Find recipes, lessons, and more online at www.VermontHarvestoftheMonth.org."

Nutrients Per Serving:		(per 1 oz.)			
Calories	152.168	Trans Fat (gm)	*	Iron (mg)	0.122*
Protein (gm)	0.025*	Chol (mg)	0.000*	Calc (mg)	2.696*
Carb (gm)	7.865	Vit A (IU)	0.000*	Sodium (mg)	51.660
Tot Fat (gm)	13.500*	VitC (mg)	0.000*	Fiber (gm)	0.000*
Sat Fat (gm)	1.864*			Sugars (gm)	*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1 oz.)				
		Vegetables (Cups)				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	0.000	Fluid Milk (Cups)	0.000

Allergens:

No Listed Allergens