

# Recipe Production

Printed: 06/22/2025 1:38 PM

Recipe Number: HK2231

Recipe Name: Cool & Spicy Cucumber Salad

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	1,304.0981	16.6051	13.0410		
Saturated Fat	g	2.6859	0.0342	0.0269	1.85	
Sodium	mg	3,849.9290	49.0212	38.4993		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	12.7307	0.1621	0.1273	8.79	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	263.8260	3.3593	2.6383	80.92	
Total Dietary Fiber	g	115.1024	1.4656	1.1510		
Protein	g	61.8314	0.7873	0.6183	18.97	
Vitamin A (RE)	RE	2,808.0625	35.7551	28.0806		
Vitamin A (IU)	IU	47,175.8055	600.6902	471.7581		
Vitamin C	mg	529.2934	6.7395	5.2929		
Calcium	mg	3,068.7706	39.0747	30.6877		
Iron	mg	26.2546	0.3343	0.2625		
Moisture	g	6,700.1575	85.3132	67.0016		*
Ash	g	49.4149	0.6292	0.4941		*

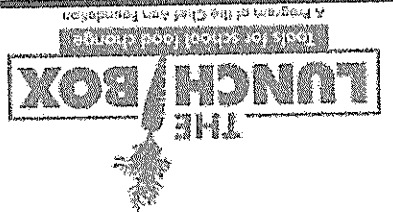
Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2551	TOMATO ROMA 25 LB	1.00	(Unassigned)	3	0.75 LB	/	
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.47 BUNCH	/	
2564	CUCUMBER 45 LB	1.00	(Unassigned)	10	0.00 LB	/	
2576	ONION GREEN 1/2 CS 24 BUNCH	1.00	(Unassigned)	9	0.45 BUNCH	/	
1024	SPICE PEPPER RED CRSHD	1.00	(Unassigned)	0	0.71 OZ	/	
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.72 CONT (32 FL (	/	

**REPORT CRITERIA:**

Sections Filter(s):

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**Recipe Production**

Recipe Number: HK2231      Recipe Name: Cool & Spicy Cucumber Salad      HACCP Process Category: No Cook      Hot: No      Recipe Source: Cook Book      Serving Description: 1/2 Cup (2.77oz.)

Projected Yield	Actual Yield	Quantity	Serving Size	Leftovers	Disposition
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
2551	TOMATO ROMA 25 LB	3	Pound	12	Ounce	(Unassigned)
2600	CILANTRO 6 CT	1	Ounce	9	Gram	(Unassigned)
2564	CUCUMBER 45 LB	10	Pound			(Unassigned)
2576	ONION GREEN 1/2 CS 24 BUNCH	1	Pound	14	Ounce	(Unassigned)
1024	SPICE PEPPER RED CRSHD	3	Tbsp	1	tsp	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Pound	9	Ounce	(Unassigned)

**Cooking Instructions**  
 Cooking Temperature: 0      Cooking Times: 0      Hours: 0      Minutes: 0  
**Pre-Preparation Instructions**  
 Sourced via partnership with the CIA Healthy Kids Collaborative

**Preparation Instructions**  
 1. Large dice tomatoes.  
 2. Chop cilantro.  
 3. Slice cucumbers and green onions.  
**Serving Instructions**  
 1. Place the tomatoes, red pepper flakes, green onions, cilantro, and lemon juice in a large bowl. Mix well.  
 2. Add the cucumber slices and fold into the mixture.  
 3. Transfer into an appropriate bowl and cover.  
 4. Hold refrigerated at internal temperature of 40 degrees F. or below for service.

Serving = 1/2 cup (2.77oz)