



Recipe Information

Recipe Name: SALAD-CUCUMBER, MINTED
Recipe Number: 12215
Recipe Long Name: Minted Cucumber Salad
Recipe Library: Divisional

Preparation Information

Preparation Date: 9/23/2011
Production Amount: 10
Serving Size: 4 Ounce - Weight
Service Style: 4 oz
Suggested Serving Instructions:

Shelf Life:

IF LEFT OVER, DO NOT REUSE.

Type	Description	Prep Note	Quantity
P	Olive Oil		1 - 3/8 FL OZ
P	Red Wine Vinegar		1 - 3/8 TBSP
P	Granulated Sugar		1 - 3/8 TBSP (- POUND)
P	Cucumbers, Fresh	Peeled, Sliced 1/4"	2 - 3/8 LB
P	Mint, Fresh	Chopped	1 - 3/8 FL OZ (3/8 - OUNCE - WEIGHT)
P	Parsley-Fresh	Chopped	1 - 3/8 FL OZ (3/8 - OUNCE - WEIGHT)
P	Orange Rind, Grated, Fresh		1/3 - TSP (- OUNCE - WEIGHT)

Preparation

- 3 Combine oil, vinegar and sugar for dressing. Mix until well-blended. Stir well before use.
- 5 Combine cucumber, mint leaves, parsley, orange rind and dressing. Toss gently to evenly coat. CCP-- Hold refrigerated at internal temperature of 40 degrees F. or below for at least 2 hours before service. Drain off excess dressing.
- 7 CCP-- Place in chilled service container and hold at internal temperature of 40 degrees F. or below on salad bar.
- 9 Alternate Service: Serve 2 oz as side salad.
- 10 Shelf Life: If left over, do not reuse.

Nutritional Data

Serving Size 4 oz (113) g

Amount Per Serving

Calories 21 Calories From Fat 7

% Daily Value *

Total Fat	0.8g	1%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	3.1mg	0%
Total Carbohydrate	2.9g	1%
Dietary Fiber	0.9g	0%
Sugars	1.8g	
Protein	0.7g	

Vitamin A 7% Vitamin C 9%

Calcium 2% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.