

Garden Salad w/Turkey and Ham

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Salad

Nutrition Information

Calories	213.10	Protein	22.47g
Fat	10.77g	SaturatedFat	6.14g
Trans Fat	0.00g	Cholesterol	58.80mg
Carbohydrates	7.71g	Fiber	2.00g
Sugar	1.75g	Sodium	882.40mg
Iron	2.25mg	Vitamin C	60.00mg
Vitamin A	10269.76IU	Calcium	233.92mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
2 Slice	680613	TURKEY BRST DELI SLCD CKD 6- 2 GFS	
3 Slice	294187	HAM SLCD .5Z 4-2.5 GFS	
2 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Preparation Instructions