

BLTT Salad

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

Bacon, Lettuce, Turkey, Tomato Salad

Nutrition Information

Calories	164.05	Protein	17.20g
Fat	5.55g	SaturatedFat	1.01g
Trans Fat	0.00g	Cholesterol	45.00mg
Carbohydrates	11.88g	Fiber	2.28g
Sugar	3.63g	Sodium	1046.13mg
Iron	1.86mg	Vitamin C	62.86mg
Vitamin A	10187.43IU	Calcium	42.25mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
3 Slice	834770	BACON TKY CKD 12-50CT JENNO	
3 Slice	344120	TURKEY BRST SLCD OVN RSTD 6-2 JENNO	
1 Package	175400	CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	
1/2 Slice	199036	TOMATO 6X6 LRG 25 MRKN	

Preparation Instructions