

# Woodford Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3880
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND	100		165761
1x10 LB TOMATO GRAPE	100		749041
CUCUMBER 1-24CT MARKON	100		238653
CARROT SHRD 2-2.5	100		607720

## Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.294
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	13.68**		
<b>Fat</b>	0.10g**		
<b>SaturatedFat</b>	0.00g**		
<b>Trans Fat</b>	0.00g**		
<b>Cholesterol</b>	0.00mg**		
<b>Sodium</b>	1.00mg**		
<b>Carbohydrates</b>	2.59g**		
<b>Fiber</b>	0.89g**		
<b>Sugar</b>	1.59g**		
<b>Protein</b>	0.89g**		
<b>Vitamin A</b>	54.60IU**	<b>Vitamin C</b>	1.46mg**
<b>Calcium</b>	17.73mg**	<b>Iron</b>	0.36mg**

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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No 100g Conversion Available

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