

Woodford Salad

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-3880 |
| School: | 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

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.294 |
| RedVeg | 0.500 |
| OtherVeg | 1.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

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

No 100g Conversion Available
