

# Chef Salad w/ diced chicken

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27467
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 2/11 Cup		150250
CUCUMBER SELECT	18 6/7 Slice		198587
TOMATO 6X6 LRG	9 3/7 Piece		199036
CROUTON HMSTYL SEAS 10-2# GCHC	28 2/7 Piece		748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 5/7 Ounce	UNSPECIFIED Not currently available	570533
LETTUCE SALAD MXD VLLY BLND	3 Quart 1 Pint 1/7 Cup (14 1/7 Cup)		520643

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.835
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	4.004
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.400
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	317.96
<b>Fat</b>	11.86g
<b>SaturatedFat</b>	6.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.38mg
<b>Sodium</b>	683.67mg
<b>Carbohydrates</b>	33.71g
<b>Fiber</b>	16.81g
<b>Sugar</b>	10.06g
<b>Protein</b>	21.66g
<b>Vitamin A</b> 56469.87IU	<b>Vitamin C</b> 151.47mg
<b>Calcium</b> 533.64mg	<b>Iron</b> 11.97mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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