

# Garden Salad

<b>Servings:</b>	132.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46768
<b>School:</b>	Highland Elementary		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP	8 Gallon 1 Quart (132 Cup)	735787
CARROT SHRD MED	1 Cup	313408

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.008
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	10.38
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.68mg
<b>Carbohydrates</b>	2.09g
<b>Fiber</b>	1.03g
<b>Sugar</b>	1.05g
<b>Protein</b>	1.02g
<b>Vitamin A</b> 201.30IU	<b>Vitamin C</b> 0.04mg
<b>Calcium</b> 16.35mg	<b>Iron</b> 0.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available