

In the Garden Salad Bar

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Gallon 3 Quart 1 Pint (30 Cup)		735787
TOMATO 6X6 LRG	2 Quart	DICE/SLICE	199001
BROCCOLI FLORET BITE SIZE	2 Quart		732451
CAULIFLOWER BITE SIZE	2 Quart		732486
PEPPERS RED	2 Quart	DICE/SLICE	321141
Cucumber	1 Quart	DICE	16P98
CARROT CELERY STIX COMBO	1 Gallon 2 Quart 1 Cup (25 Cup)		302198
ONION RED 25#	1 Pint	DICE	788882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	1.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	65.44
Fat	0.22g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	102.00mg
Carbohydrates	13.34g
Fiber	4.58g
Sugar	6.75g
Protein	3.34g
Vitamin A 10775.57IU	Vitamin C 80.33mg
Calcium 77.36mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available