

# Italian Chopped Salad

<b>Servings:</b>	11.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45397
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD HRTS HRTS	2 Pound		573061
TOMATO GRAPE SWT	1 Cup	cut into half	129631
DRESSING ITAL GLDN	1/2 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like red pepper flakes or garlic. Create new flavorful salads or a flavorful new marinade for your sirloin steak.	257885

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.485
RedVeg	0.045
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	65.98		
Fat	4.76g		
SaturatedFat	0.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.48mg		
Carbohydrates	4.27g		
Fiber	1.17g		
Sugar	2.15g		
Protein	2.08g		
Vitamin A	136.31IU	Vitamin C	2.24mg
Calcium	58.38mg	Iron	1.99mg

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

## Nutrition - Per 100g

<b>Calories</b>	77.57		
<b>Fat</b>	5.60g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.44mg		
<b>Carbohydrates</b>	5.02g		
<b>Fiber</b>	1.38g		
<b>Sugar</b>	2.53g		
<b>Protein</b>	2.45g		
<b>Vitamin A</b>	160.27IU	<b>Vitamin C</b>	2.64mg
<b>Calcium</b>	68.64mg	<b>Iron</b>	2.34mg

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