

# Caesar Salad

|                      |                          |                       |           |
|----------------------|--------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 19.00                    | <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-45399   |
| <b>School:</b>       | Walton-Verona Elementary |                       |           |

## Ingredients

| Description          | Measurement | Prep Instructions  | DistPart # |
|----------------------|-------------|--|------------|
| LETTUCE ROMAINE CHOP | 2 Pound     |  | 735787     |
| CHEESE PARM GRTD     | 1 Cup       |  | 164259     |
| CROUTON HMSTYL SEAS  | 1 Pint      | READY_TO_EAT<br>Ready to use.  | 793944     |
| DRESSING CAESAR      | 3/4 Cup     | READY_TO_EAT<br>This ready-to-use Caesar dressing simplifies back-of-house prep, making it easy to customize with simple herbs, spices and cheese to enhance the unique flavor. Create new flavorful salads or a custom marinade for your signature pork ribs. | 818201     |

## 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> | 0.501 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 19.00

Serving Size: 3.00 Ounce

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 95.29                   |
| <b>Fat</b>              | 6.53g                   |
| <b>SaturatedFat</b>     | 1.89g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 3.16mg                  |
| <b>Sodium</b>           | 261.07mg                |
| <b>Carbohydrates</b>    | 6.85g                   |
| <b>Fiber</b>            | 1.00g                   |
| <b>Sugar</b>            | 1.32g                   |
| <b>Protein</b>          | 4.37g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 88.89mg  | <b>Iron</b> 0.36mg      |

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

## Nutrition - Per 100g

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 112.04                  |
| <b>Fat</b>              | 7.67g                   |
| <b>SaturatedFat</b>     | 2.23g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 3.71mg                  |
| <b>Sodium</b>           | 306.97mg                |
| <b>Carbohydrates</b>    | 8.05g                   |
| <b>Fiber</b>            | 1.18g                   |
| <b>Sugar</b>            | 1.55g                   |
| <b>Protein</b>          | 5.14g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 104.52mg | <b>Iron</b> 0.42mg      |

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