

Chef's Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50360

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine Blend Salad Mix	1 Cup	MIX Add 1 cup of mix to tray.	15D41
1/10lb tomato cherry	3 Each	READY_TO_EAT	15P71
PEPPERS RED	1/8 Cup		321141
CHEESE CHED SHRD R/F	1/4 Cup		344721
Sliced Smoked Turkey Ham and Water Product	1 Slice	THAW	2214-08
EGG SHL MED A GRD	1/2 Each		206547
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	321.94
Fat	12.28g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	120.00mg
Sodium	600.36mg
Carbohydrates	27.80g
Fiber	2.21g
Sugar	7.28g
Protein	20.66g
Vitamin A 519.97IU	Vitamin C 30.23mg
Calcium 294.09mg	Iron 3.13mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available