

In the Garden Salad Bar

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|----------------------|----------|-----------------------|------------------|
| 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