

# Ranch 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-46121
<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 RNCH BTRMLK	1/2 Cup	<b>READY_TO_EAT</b> This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	426598
CARROT MATCHSTICK SHRED	1 Cup		198161

## 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>	0.485
<b>RedVeg</b>	0.136
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	81.43
<b>Fat</b>	5.85g
<b>SaturatedFat</b>	0.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.82mg
<b>Sodium</b>	159.30mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	1.53g
<b>Sugar</b>	2.33g
<b>Protein</b>	2.18g
<b>Vitamin A</b> 2081.78IU	<b>Vitamin C</b> 2.95mg
<b>Calcium</b> 61.70mg	<b>Iron</b> 2.02mg

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

## Nutrition - Per 100g

<b>Calories</b>	95.75
<b>Fat</b>	6.88g
<b>SaturatedFat</b>	1.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.14mg
<b>Sodium</b>	187.31mg
<b>Carbohydrates</b>	5.88g
<b>Fiber</b>	1.80g
<b>Sugar</b>	2.74g
<b>Protein</b>	2.56g
<b>Vitamin A</b> 2447.76IU	<b>Vitamin C</b> 3.47mg
<b>Calcium</b> 72.54mg	<b>Iron</b> 2.37mg

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