

Salad-Italian Chopped

NO IMAGE

Servings:	11.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45397
School:	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	0.091
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

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

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