

Ranch Chopped Salad

NO IMAGE

Servings:	11.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46121
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 RNCH BTRMLK	1/2 Cup	READY_TO_EAT 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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.485
RedVeg	0.136
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	81.43
Fat	5.85g
SaturatedFat	0.92g
Trans Fat	0.00g
Cholesterol	1.82mg
Sodium	159.30mg
Carbohydrates	5.00g
Fiber	1.53g
Sugar	2.33g
Protein	2.18g
Vitamin A 2081.78IU	Vitamin C 2.95mg
Calcium 61.70mg	Iron 2.02mg

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

Nutrition - Per 100g

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

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