

GARDEN SALAD IND

NO IMAGE

Servings:	64.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20540

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	10 Pound		735787
BROCCOLI FLORET REG CUT	1 Pound 8 Ounce (24 Ounce)	WASH AND TRIM BROCCOLI, CUT INTO BITE SIZE PIECES.	732478
CARROT BABY WHL PETITE	2 Pound	RINSE CARROTS. SET ASIDE.	768146
TOMATO GRAPE SWT	2 Pound	WASH GRAPE TOMATOES.	129631

Preparation Instructions

PLACE 1 cup Romaine SALAD IN 12 OZ SQUAT, PLACE 2 PIECES BROCCOLI, 3 BABY CARROTS, AND 3 GRAPE TOMATOES.

CCP: COOL TO 41 f OR LOWER WITHIN 4 HOURS.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.547
RedVeg	0.172
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	20.70
Fat	0.07g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.21mg
Carbohydrates	4.57g
Fiber	1.82g
Sugar	2.19g
Protein	1.38g
Vitamin A 140.57IU	Vitamin C 2.31mg
Calcium 25.75mg	Iron 0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available