

CORN CHIP SALAD

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13826
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 1/10 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/5 Cup		150250
EGG HARD CKD PLD BIB 4-2.5 GCHC	4/11 Each		229431
BACON TOPPING 3/8IN DCD	1/10 Cup	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	104396
CHIP CORN DIP ITS 4-22Z GCHC	4/9 Ounce		836890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.430
Grain	0.000
Fruit	0.000
GreenVeg	0.550
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	246.20
Fat	17.00g
SaturatedFat	7.60g
Trans Fat	0.00g
Cholesterol	110.60mg
Sodium	482.40mg
Carbohydrates	10.40g
Fiber	1.54g
Sugar	1.46g
Protein	12.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 195.04mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available