

# MJSH COLORIFIC SALAD

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50642
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
PEPPERS RED	1/4 Cup		597082
CRANBERRY DRIED SWTND	1/4 Cup		350882
PECAN PCS MED	1 Ounce		134830
Colorific Salad Dressing	1 Serving	Combine all ingredients and mix well in a blender.	R-30595

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	770.42
<b>Fat</b>	45.18g
<b>SaturatedFat</b>	11.66g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	42.80mg
<b>Sodium</b>	775.82mg
<b>Carbohydrates</b>	84.26g
<b>Fiber</b>	8.20g
<b>Sugar</b>	72.27g
<b>Protein</b>	13.05g
<b>Vitamin A</b> 1004.14IU	<b>Vitamin C</b> 58.23mg
<b>Calcium</b> 319.08mg	<b>Iron</b> 0.96mg

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

## Nutrition - Per 100g

No 100g Conversion Available