

LETTUCE/TOMATO/ONION/PICKLE



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9432
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1/2 Cup		416593
TOMATO SLCD 1/4IN	1/8 Cup		786535
ONION RING RED 1/4IN	1/8 Cup		429198
PICKLE KOSH DILL CHIP C/C	3 Slice		242667

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.130
OtherVeg	0.380
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	17.53
Fat	0.05g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	214.50mg
Carbohydrates	3.40g
Fiber	1.37g
Sugar	1.76g
Protein	0.75g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 23.83mg	Iron 0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available