

Lettuce & Tomato Slices

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 2.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44813 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|---|------------|
| LETTUCE ROMAINE RIBBONS | 1 Serving | Place 1 C of Pre washed romaine shredded lettuce in 5 oz bowl. 1 C = 1/2 C Dark Green Veg | 451730 |
| TOMATO 6X6 LRG | 2 Slice | Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices.. Place 2-1/4 Slices on Lettuce. | 199001 |

Preparation Instructions

Serve on line for garnish
CCP 41F or below

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.100 |
| RedVeg | 0.400 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 14.96 | | |
| Fat | 0.16g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 3.60mg | | |
| Carbohydrates | 3.20g | | |
| Fiber | 1.08g | | |
| Sugar | 2.20g | | |
| Protein | 0.84g | | |
| Vitamin A | 599.76IU | Vitamin C | 9.86mg |
| Calcium | 10.40mg | Iron | 0.20mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|-----------|------------------|---------|
| Calories | 26.38 | | |
| Fat | 0.28g | | |
| SaturatedFat | 0.07g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 6.35mg | | |
| Carbohydrates | 5.64g | | |
| Fiber | 1.90g | | |
| Sugar | 3.88g | | |
| Protein | 1.48g | | |
| Vitamin A | 1057.80IU | Vitamin C | 17.40mg |
| Calcium | 18.34mg | Iron | 0.35mg |

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