

Chef Salad w/ croutons & roll (Elem)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51621

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
Ham, Cubed Frozen	1 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD	1/2 Each		711160
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce	*Order diced tomatoes from Piazza*	786543
CUCUMBER SELECT	3 Slice		361510
CROUTON CHS GARL WGRAIN	2 Package	Ready to use.	661022
Whole Grain Dinner Roll	1 Each	Ready to eat	3920
DRESSING RNCH ORIG PKT	1 Ounce		554693

Preparation Instructions

1. Arrange lettuce in container.
 2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, 1/2 sliced egg, diced tomatoes, sliced cucumber.
 3. Serve with 2 pkgs croutons + 1 dinner roll.
- CCP: Hold for cold service at 40F.

Serve with ranch dressing.

Meal Components (SLE)

Amount Per Serving

Meat	2.820
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.333
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	536.79
Fat	32.16g
SaturatedFat	10.07g
Trans Fat	0.00g
Cholesterol	142.25mg
Sodium	1065.35mg
Carbohydrates	42.51g
Fiber	3.39g
Sugar	8.17g
Protein	22.49g
Vitamin A 10.24IU	Vitamin C 0.27mg
Calcium 306.06mg	Iron 3.37mg

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

Nutrition - Per 100g

No 100g Conversion Available