

Chef Salad w/ croutons & roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34549

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
Ham, Cubed Frozen	3 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 Each		711160
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
CUCUMBER SELECT	4 Slice		361510
CROUTON CHS GARL WGRAIN	2 Package	Ready to use.	661022
Whole Grain Dinner Roll	1 Each	READY_TO_EAT Ready to eat	3920

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	4.959
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	452.93
Fat	19.44g
SaturatedFat	6.96g
Trans Fat	0.00g
Cholesterol	244.26mg
Sodium	1160.74mg
Carbohydrates	44.92g
Fiber	3.41g
Sugar	10.38g
Protein	30.70g
Vitamin A 13.65IU	Vitamin C 0.37mg
Calcium 219.58mg	Iron 3.88mg

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

Nutrition - Per 100g

No 100g Conversion Available