

# Garden Side Salad w/ ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22563
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP	1 Each		182265

## Preparation Instructions

1. Place 1C lettuce in boat.
  2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<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 Cup

Amount Per Serving	
<b>Calories</b>	156.57
<b>Fat</b>	13.36g
<b>SaturatedFat</b>	3.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	17.50mg
<b>Sodium</b>	299.87mg
<b>Carbohydrates</b>	6.25g
<b>Fiber</b>	1.59g
<b>Sugar</b>	3.37g
<b>Protein</b>	2.94g
<b>Vitamin A</b> 381.53IU	<b>Vitamin C</b> 6.35mg
<b>Calcium</b> 71.29mg	<b>Iron</b> 0.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available