

# Chef Salad Base-Northwood High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19623
<b>School:</b>	Northwood High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS	2 0.05 Ounce	451730
EGG HRD CKD DCD IQF	4/5 Ounce	192198
CUCUMBER SELECT	1 Ounce	418439
TOMATO ROMA LRG	6/7 Ounce	462551

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.907
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.519
<b>RedVeg</b>	0.134
<b>OtherVeg</b>	0.545
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	59.49
<b>Fat</b>	2.43g
<b>SaturatedFat</b>	0.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.87mg
<b>Sodium</b>	29.50mg
<b>Carbohydrates</b>	5.65g
<b>Fiber</b>	1.66g
<b>Sugar</b>	3.25g
<b>Protein</b>	4.30g
<b>Vitamin A</b> 260.27IU	<b>Vitamin C</b> 4.89mg
<b>Calcium</b> 39.42mg	<b>Iron</b> 0.68mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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