

# Lettuce & Tomato Slices

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44813
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

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

## Nutrition - Per 100g

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

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