

# CORN CHIP SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13826
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 1/10 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/5 Cup		150250
EGG HARD CKD PLD BIB 4-2.5 GCHC	4/11 Each		229431
BACON TOPPING 3/8IN DCD	1/10 Cup	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	104396
CHIP CORN DIP ITS 4-22Z GCHC	4/9 Ounce		836890

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.430
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.550
<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: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		246.20	
<b>Fat</b>		17.00g	
<b>SaturatedFat</b>		7.60g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		110.60mg	
<b>Sodium</b>		482.40mg	
<b>Carbohydrates</b>		10.40g	
<b>Fiber</b>		1.54g	
<b>Sugar</b>		1.46g	
<b>Protein</b>		12.94g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.04mg	<b>Iron</b>	0.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available