

# CORN CHIP SALAD

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13826
<b>School:</b>	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	<b>BAKE</b> 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