

# Caesar Side Salad



|               |          |                |           |
|---------------|----------|----------------|-----------|
| Servings:     | 1.00     | Category:      | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook   |
| Meal Type:    | Lunch    | Recipe ID:     | R-17347   |

## Ingredients

| Description                                               | Measurement  | Prep Instructions             | DistPart # |
|-----------------------------------------------------------|--------------|-------------------------------|------------|
| Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools | 1 Cup        | READY_TO_EAT                  | 15D44      |
| CHEESE PARM SHVD                                          | 1/4 Ounce    | Ready To Eat                  | 140560     |
| DRESSING CAESAR REGAL                                     | 1 Tablespoon | Ready To Eat                  | 726079     |
| CROUTON LRG SEAS                                          | 1 Tablespoon | READY_TO_EAT<br>Ready to use. | 794000     |

## Preparation Instructions

Ready To Eat  
Mixed the following ingredients together and place 1.25 cups in a \_\_\_\_\_ oz. bowl.  
Romaine, Parmesan Cheese, Croutons and Caesar Dressing  
CCP: Hold for cold service at 41° F or lower.  
8 ounce spoodle

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>      |           | 115.49           |        |
| <b>Fat</b>           |           | 9.50g            |        |
| <b>SaturatedFat</b>  |           | 2.50g            |        |
| <b>Trans Fat*</b>    |           | 0.00g            |        |
| <b>Cholesterol</b>   |           | 8.75mg           |        |
| <b>Sodium</b>        |           | 233.76mg         |        |
| <b>Carbohydrates</b> |           | 4.55g            |        |
| <b>Fiber</b>         |           | 1.00g            |        |
| <b>Sugar</b>         |           | 0.56g            |        |
| <b>Protein</b>       |           | 3.83g            |        |
| <b>Vitamin A</b>     | 4090.00IU | <b>Vitamin C</b> | 1.88mg |
| <b>Calcium</b>       | 98.50mg   | <b>Iron</b>      | 0.46mg |

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

## Nutrition - Per 100g

No 100g Conversion Available