

Daily Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce, cos or romaine, raw	100 cup shredded		11251
Cucumber, with peel, raw	25 cup slices		11205
Tomatoes, red, ripe, raw, year round average	25 cup cherry tomatoes		11529

Preparation Instructions

For the daily salad - 1 cup Romaine 11251 (credits 1/2 cup DG); 1/4 cup tomato 11529 (R/O); 1/4 cup cucumber 11205 (O)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		18.60	
Fat		0.24g	
SaturatedFat		0.04g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		6.14mg	
Carbohydrates		3.94g	
Fiber		1.56g	
Sugar		1.97g	
Protein		1.07g	
Vitamin A	4431.29IU	Vitamin C	7.71mg
Calcium	23.40mg	Iron	0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available