

Daily Salad USDA



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52836
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce, cos or romaine, raw	75 cup shredded		11251
Cucumber, with peel, raw	37 1/2 cup slices		11205
Tomatoes, red, ripe, raw, year round average	37 1/2 cup cherry tomatoes		11529

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		14.60	
Fat		0.17g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		4.26mg	
Carbohydrates		3.17g	
Fiber		1.07g	
Sugar		1.69g	
Added Sugar		0.00g**	
Protein		0.79g	
Vitamin A	2384.44mcg	Vitamin C	6.77mg
Calcium	15.64mg	Iron	0.40mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available