

Chef Salad Base

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52915
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		120.00	
Fat		9.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		190.00mg	
Carbohydrates		3.00g	
Fiber		1.00g	
Sugar		1.00g	
Added Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	215.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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