

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10696
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 1/2 Cup		735787
TOMATO GRAPE SWT	2 Each		129631

## Preparation Instructions

Start with 12 ounce container , Layer : 1 1/2 cup of lettuce , and 2 tomatoes . Place in cooler and serve .

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.750
<b>Red/Orange</b>	0.125
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	19.05
<b>Fat</b>	0.05g
<b>Saturated Fat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.13mg
<b>Carbohydrates</b>	3.88g
<b>Fiber</b>	1.78g
<b>Total Sugar</b>	2.13g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 187.43mcg	<b>Vitamin C</b> 3.08mg
<b>Calcium</b> 26.25mg	<b>Iron</b> 0.60mg

### Nutrition - Per 100g

No 100g Conversion Available