

# Mexicali 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-17343   |

## Ingredients

| Description  | Measurement  | Prep Instructions   | DistPart # |
|--|--------------|---|------------|
| Lettuce CHL Romaine<br>Chol 6/2 LB BG-<br>Graves County<br>Schools   | 1 Cup        | READY_TO_EAT  | 15D44      |
| Tomatoes FR Grape<br>12/1 PT CO 8 LB CS-<br>Graves County<br>Schools | 1/4 Cup      | READY_TO_EAT  | 15P71      |
| CORN CUT IQF   | 1/8 Cup      | PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX.<br>PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER<br>WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN<br>VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO<br>SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR<br>BEST FLAVOR AND COLOR. SEASON TO TASTE. | 283730     |
| CHEESE CHED SHRD   | 1/2 Ounce    | Ready to Eat  | 199720     |
| CHIP TORTL TRI-<br>COLOR   | 1 Tablespoon | Ready to Eat  | 478765     |

## Preparation Instructions

Container- 792220 or 146633

Cheddar Cheese- 150250

CCP: Hold for cold service at 41° F or lower.

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.250 |
| <b>Grain</b>                    | 0.125 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.500 |
| <b>Red/Orange</b>               | 0.250 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.130 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving            |                           |
|-------------------------------|---------------------------|
| <b>Calories</b>               | 97.67                     |
| <b>Fat</b>                    | 4.94g                     |
| <b>Saturated Fat</b>          | 3.16g                     |
| <b>Trans Fat</b>              | 0.00g                     |
| <b>Cholesterol</b>            | 15.00mg                   |
| <b>Sodium</b>                 | 123.40mg                  |
| <b>Carbohydrates</b>          | 8.38g                     |
| <b>Fiber</b>                  | 2.03g                     |
| <b>Total Sugar</b>            | 1.08g                     |
| <b>Added Sugar</b>            | 0.00g                     |
| <b>Protein</b>                | 5.00g                     |
| <b>Vitamin A</b> 4838.00mcg** | <b>Vitamin C</b> 9.88mg** |
| <b>Calcium</b> 19.51mg        | <b>Iron</b> 0.80mg        |

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

## Nutrition - Per 100g

No 100g Conversion Available