

# Caesar Side Salad



|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-17347   |

## Ingredients

| Description   | Measurement  | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools | 1 Cup        | READY_TO_EAT      | 15D44      |
| CHEESE PARM SHVD  | 1/4 Ounce    | Ready To Eat      | 140560     |
| DRESSING CAESAR CARDINI                                   | 1 Tablespoon | Ready to eat      | 776866     |

## Preparation Instructions

Ready To Eat

Mixed the following ingredients together and place 1.25 cups in a \_\_\_\_\_ oz. bowl.

Romaine, Parmesan Cheese, Croutons and Caesar Dressing

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

8 ounce spoodle

Croutons- 544514 (1 TBSP)

## 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>                | 0.500 |
| <b>Red/Orange</b>               | 0.000 |
| <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 Cup

| Amount Per Serving          |                         |
|-----------------------------|-------------------------|
| <b>Calories</b>             | 115.49                  |
| <b>Fat</b>                  | 10.50g                  |
| <b>Saturated Fat</b>        | 2.50g                   |
| <b>Trans Fat</b>            | 0.00g                   |
| <b>Cholesterol</b>          | 21.25mg                 |
| <b>Sodium</b>               | 188.76mg                |
| <b>Carbohydrates</b>        | 2.05g                   |
| <b>Fiber</b>                | 1.00g                   |
| <b>Total Sugar</b>          | 0.56g                   |
| <b>Added Sugar</b>          | 0.00g                   |
| <b>Protein</b>              | 3.33g                   |
| <b>Vitamin A</b> 4090.00mcg | <b>Vitamin C</b> 1.88mg |
| <b>Calcium</b> 82.00mg      | <b>Iron</b> 0.46mg      |

## Nutrition - Per 100g

No 100g Conversion Available