

Salad-Caesar

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Servings:	19.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45399
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	32 Ounce		735787
CHEESE PARM GRTD	1 Cup		164259
CROUTON HMSTYL SEAS	2 Cup	READY_TO_EAT Ready to use.	793944
DRESSING CAESAR	3/4 Cup	READY_TO_EAT This ready-to-use Caesar dressing simplifies back-of-house prep, making it easy to customize with simple herbs, spices and cheese to enhance the unique flavor. Create new flavorful salads or a custom marinade for your signature pork ribs.	818201

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.211
Fruit	0.000
DarkGreen	0.501
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 19.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	95.29
Fat	6.53g
Saturated Fat	1.89g
Trans Fat	0.00g
Cholesterol	3.16mg
Sodium	261.07mg
Carbohydrates	6.85g
Fiber	1.00g
Total Sugar	1.32g
Added Sugar	0.32g
Protein	4.37g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 88.89mg	Iron 0.36mg

Nutrition - Per 100g

Calories	112.04
Fat	7.67g
Saturated Fat	2.23g
Trans Fat	0.00g
Cholesterol	3.71mg
Sodium	306.97mg
Carbohydrates	8.05g
Fiber	1.18g
Total Sugar	1.55g
Added Sugar	0.37g
Protein	5.14g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 104.52mg	Iron 0.42mg