

Ranch Chopped Salad

NO IMAGE

Servings:	11.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46121
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD HRTS HRTS	32 Ounce		573061
TOMATO GRAPE SWT	1 Cup	cut into half	129631
DRESSING RNCH BTRMLK	1/2 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	426598
CARROT MATCHSTICK	1 Cup		198161

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.485
Red/Orange	0.136
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	80.76
Fat	5.82g
Saturated Fat	0.91g
Trans Fat	0.00g
Cholesterol	1.82mg
Sodium	158.94mg
Carbohydrates	4.91g
Fiber	1.52g
Total Sugar	2.24g
Added Sugar	0.00g
Protein	2.12g
Vitamin A 2218.09mcg	Vitamin C 5.19mg
Calcium 63.33mg	Iron 2.06mg

Nutrition - Per 100g

Calories	94.95
Fat	6.84g
Saturated Fat	1.07g
Trans Fat	0.00g
Cholesterol	2.14mg
Sodium	186.88mg
Carbohydrates	5.77g
Fiber	1.78g
Total Sugar	2.64g
Added Sugar	0.00g
Protein	2.49g
Vitamin A 2608.03mcg	Vitamin C 6.11mg
Calcium 74.47mg	Iron 2.42mg