

Chef Salad w/ croutons & roll (Elem)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51621

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Ham, Cubed Frozen	1 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD	1/2 Each		711160
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8"	1 Ounce	*Order diced tomatoes from Piazza*	786543
CUCUMBER SELECT	3 Slice		361510
CROUTON CHS GARL WGRAIN	2 Package	Ready to use.	661022
Whole Grain Rich Clustered Pan Rolls x	1 Each	Ready to eat	3920
DRESSING RNCH ORIG PKT	1 Ounce		554693

Preparation Instructions

1. Arrange lettuce in container.
2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, 1/2 sliced egg, diced tomatoes, sliced cucumber.
3. Serve with 2 pkgs croutons + 1 dinner roll.
4. Serve in paper tray/boat #165220 is an option

CCP: Hold for cold service at 40F.

Serve with ranch dressing.

Meal Components

Amount Per Serving

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Meat/Meat Alternate	2.820
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.333
OtherVeg	0.188
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	546.79
Fat	31.16g
Saturated Fat	9.57g
Trans Fat	0.00g
Cholesterol	142.25mg
Sodium	1070.35mg
Carbohydrates	45.51g
Fiber	4.39g
Total Sugar	9.17g
Added Sugar	4.00g
Protein	22.49g
Vitamin A 10.24mcg	Vitamin C 0.27mg
Calcium 302.06mg	Iron 3.65mg

Nutrition - Per 100g

Nutrition - Per 100g	
Calories	482.22
Fat	27.48g
Saturated Fat	8.44g
Trans Fat	0.00g
Cholesterol	125.46mg
Sodium	943.96mg
Carbohydrates	40.14g
Fiber	3.87g
Total Sugar	8.09g
Added Sugar	3.53g
Protein	19.83g
Vitamin A 9.03mcg	Vitamin C 0.24mg
Calcium 266.39mg	Iron 3.22mg