

Garden Side Salad w/ ranch

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

1. Place 1C lettuce in boat.
 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	156.57
Fat	13.36g
Saturated Fat	3.52g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	299.87mg
Carbohydrates	6.25g
Fiber	1.59g
Total Sugar	3.37g
Added Sugar	0.00g
Protein	2.94g
Vitamin A 381.53mcg	Vitamin C 6.35mg
Calcium 71.29mg	Iron 0.14mg

Nutrition - Per 100g

Calories	2208.35
Fat	188.47g
Saturated Fat	49.72g
Trans Fat	0.00g
Cholesterol	246.83mg
Sodium	4229.54mg
Carbohydrates	88.14g
Fiber	22.39g
Total Sugar	47.60g
Added Sugar	0.00g
Protein	41.43g
Vitamin A 5381.17mcg	Vitamin C 89.49mg
Calcium 1005.48mg	Iron 1.99mg