

# Turkey Cobb Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14543

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Turkey Breast Deli	1 Ounce	cook and dice commodity warehouse turkey roast for salad	100121
TOMATO ROMA DCD 3/8"	1/4 Cup	order dod tomatoes first and dice	786543
EGG HRD CKD DCD IQF	4 Tablespoon		192198
24 oz White Wheat Bread, Split Top 5/8" Slice	1 Slice	READY_TO_EAT	11162
BACON TOPPING 1IN DCD	1 Tablespoon		827002
CHEESE CHED MLD SHRD FTHR	1 Ounce		411841
DRESSING BLEU CHS PKT	1 Each	READY_TO_EAT Open, pour and enjoy!	824920

## Preparation Instructions

Fill the plate with lettuce.

Followed by rows of turkey, tomatoes, bacon bits, diced eggs, and cheese.

Top with 1/2 cup croutons.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	16.144
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	1.000
<b>Red/Orange</b>	0.083
<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 Wrap

Amount Per Serving	
<b>Calories</b>	1242.19
<b>Fat</b>	56.78g
<b>Saturated Fat</b>	29.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1969.47mg
<b>Sodium</b>	2014.78mg
<b>Carbohydrates</b>	21.38g
<b>Fiber</b>	3.08g
<b>Total Sugar</b>	6.17g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	84.80g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 408.49mg	<b>Iron</b> 6.04mg

## Nutrition - Per 100g

<b>Calories</b>	1348.30
<b>Fat</b>	61.63g
<b>Saturated Fat</b>	32.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2137.71mg
<b>Sodium</b>	2186.89mg
<b>Carbohydrates</b>	23.21g
<b>Fiber</b>	3.35g
<b>Total Sugar</b>	6.69g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	92.05g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 443.38mg	<b>Iron</b> 6.55mg