

# Caesar Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54669
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHEESE PARM SHVD	1 Ounce		140560
DRESSING CAESAR PKT	1 Each		776858

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<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 Cup

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	33.00g
<b>Saturated Fat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 282.00mg	<b>Iron</b> 0.36mg

## Nutrition - Per 100g

<b>Calories</b>	1234.57
<b>Fat</b>	116.40g
<b>Saturated Fat</b>	31.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	229.28mg
<b>Sodium</b>	2222.22mg
<b>Carbohydrates</b>	10.58g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	38.80g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 994.71mg	<b>Iron</b> 1.27mg