

Caesar Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54669
School:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
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	350.00
Fat	33.00g
Saturated Fat	9.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	630.00mg
Carbohydrates	3.00g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 282.00mg	Iron 0.36mg

Nutrition - Per 100g

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