

# Egg and Cheese Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42663
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup		100012
EGG HRD CKD DCD IQF	3 Tablespoon		192198
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

## Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, cheese, and egg. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	12.261
<b>Grain</b>	2.000
<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 Each

Amount Per Serving	
<b>Calories</b>	860.54
<b>Fat</b>	27.01g
<b>Saturated Fat</b>	18.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1416.40mg
<b>Sodium</b>	1110.45mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	59.05g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 314.18mg	<b>Iron</b> 7.58mg

## Nutrition - Per 100g

<b>Calories</b>	799.91
<b>Fat</b>	25.11g
<b>Saturated Fat</b>	17.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1316.60mg
<b>Sodium</b>	1032.21mg
<b>Carbohydrates</b>	32.53g
<b>Fiber</b>	1.86g
<b>Total Sugar</b>	2.79g
<b>Added Sugar</b>	1.86g
<b>Protein</b>	54.88g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 292.04mg	<b>Iron</b> 7.05mg