

Salad-Garden

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Servings:	19.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-56978
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	32 Ounce		735787
CROUTON HMSTYL SEAS	2 Cup		793944
CARROT MATCHSTICK	2 Cup		198161
DRESSING RNCH BTRMLK	3/4 Tablespoon		426598
CHERRY TOMATOES	1 Cup		16P46

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.200
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.190
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 19.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	45.09
Fat	1.16g
Saturated Fat	0.05g
Trans Fat	0.00g
Cholesterol	0.10mg
Sodium	73.68mg
Carbohydrates	7.87g
Fiber	1.53g
Total Sugar	1.92g
Added Sugar	0.00g
Protein	2.06g
Vitamin A 2252.65mcg RAE	Vitamin C 0.82mg
Calcium 24.78mg	Iron 0.42mg

Nutrition - Per 100g

Calories	73.70
Fat	1.89g
Saturated Fat	0.08g
Trans Fat	0.00g
Cholesterol	0.16mg
Sodium	120.44mg
Carbohydrates	12.86g
Fiber	2.50g
Total Sugar	3.13g
Added Sugar	0.00g
Protein	3.36g
Vitamin A 3682.01mcg RAE	Vitamin C 1.34mg
Calcium 40.50mg	Iron 0.69mg