

Salad- Caesar House

NO IMAGE

Servings:	106.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53201
School:	Walton-Verona MiddleHigh		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	20 Cup	1 Cup = .5 Cup DG Veg	735787
CROUTON HMSTYL SEAS	4 Cup	READY_TO_EAT Ready to use.	793944
CHEESE PARM PKT	2 Cup		254959
DRESSING CAESAR	4 Cup		818201

Preparation Instructions

Mix add dressing as close to service

Hold at Cold Service.

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: 106.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	44.43
Fat	3.94g
Saturated Fat	0.62g
Trans Fat	0.00g
Cholesterol	3.11mg
Sodium	100.66mg
Carbohydrates	2.49g
Fiber	0.19g
Total Sugar	0.49g
Added Sugar	0.30g
Protein	0.51g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4.98mg	Iron 0.07mg

Nutrition - Per 100g

Calories	52.24
Fat	4.64g
Saturated Fat	0.73g
Trans Fat	0.00g
Cholesterol	3.66mg
Sodium	118.35mg
Carbohydrates	2.93g
Fiber	0.22g
Total Sugar	0.58g
Added Sugar	0.35g
Protein	0.60g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.86mg	Iron 0.08mg