

# Salad-Caesar

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<b>Servings:</b>	19.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45399
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	32 Ounce		735787
CHEESE PARM GRTD	1 Cup		164259
CROUTON HMSTYL SEAS	2 Cup	READY_TO_EAT Ready to use.	793944
DRESSING CAESAR	3/4 Cup	READY_TO_EAT This ready-to-use Caesar dressing simplifies back-of-house prep, making it easy to customize with simple herbs, spices and cheese to enhance the unique flavor. Create new flavorful salads or a custom marinade for your signature pork ribs.	818201

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.211
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.501
<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: 19.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	95.29
<b>Fat</b>	6.53g
<b>Saturated Fat</b>	1.89g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.16mg
<b>Sodium</b>	261.07mg
<b>Carbohydrates</b>	6.85g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.32g
<b>Added Sugar</b>	0.32g
<b>Protein</b>	4.37g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 88.89mg	<b>Iron</b> 0.36mg

## Nutrition - Per 100g

<b>Calories</b>	176.27
<b>Fat</b>	12.07g
<b>Saturated Fat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.84mg
<b>Sodium</b>	482.93mg
<b>Carbohydrates</b>	12.67g
<b>Fiber</b>	1.85g
<b>Total Sugar</b>	2.44g
<b>Added Sugar</b>	0.58g
<b>Protein</b>	8.09g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.43mg	<b>Iron</b> 0.67mg