

# Ranch Chopped Salad

NO IMAGE

|                      |                          |                       |           |
|----------------------|--------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 11.00                    | <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-46121   |
| <b>School:</b>       | Walton-Verona Elementary |                       |           |

## Ingredients

| Description                | Measurement | Prep Instructions  | DistPart # |
|----------------------------|-------------|--|------------|
| LETTUCE SALAD<br>HRTS HRTS | 32 Ounce    |  | 573061     |
| TOMATO GRAPE<br>SWT        | 1 Cup       | cut into half  | 129631     |
| DRESSING RNCH<br>BTRMLK    | 1/2 Cup     | <b>READY_TO_EAT</b><br>This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings. | 426598     |
| CARROT<br>MATCHSTICK       | 1 Cup       |  | 198161     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.485 |
| <b>Red/Orange</b>               | 0.136 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 3.00 Ounce

| Amount Per Serving              |                         |
|---------------------------------|-------------------------|
| <b>Calories</b>                 | 80.76                   |
| <b>Fat</b>                      | 5.82g                   |
| <b>Saturated Fat</b>            | 0.91g                   |
| <b>Trans Fat</b>                | 0.00g                   |
| <b>Cholesterol</b>              | 1.82mg                  |
| <b>Sodium</b>                   | 158.94mg                |
| <b>Carbohydrates</b>            | 4.91g                   |
| <b>Fiber</b>                    | 1.52g                   |
| <b>Total Sugar</b>              | 2.24g                   |
| <b>Added Sugar</b>              | 0.00g                   |
| <b>Protein</b>                  | 2.12g                   |
| <b>Vitamin A</b> 2218.09mcg RAE | <b>Vitamin C</b> 5.19mg |
| <b>Calcium</b> 63.33mg          | <b>Iron</b> 2.06mg      |

## Nutrition - Per 100g

|                                 |                         |
|---------------------------------|-------------------------|
| <b>Calories</b>                 | 85.86                   |
| <b>Fat</b>                      | 6.19g                   |
| <b>Saturated Fat</b>            | 0.97g                   |
| <b>Trans Fat</b>                | 0.00g                   |
| <b>Cholesterol</b>              | 1.93mg                  |
| <b>Sodium</b>                   | 168.98mg                |
| <b>Carbohydrates</b>            | 5.22g                   |
| <b>Fiber</b>                    | 1.61g                   |
| <b>Total Sugar</b>              | 2.38g                   |
| <b>Added Sugar</b>              | 0.00g                   |
| <b>Protein</b>                  | 2.26g                   |
| <b>Vitamin A</b> 2358.17mcg RAE | <b>Vitamin C</b> 5.52mg |
| <b>Calcium</b> 67.33mg          | <b>Iron</b> 2.19mg      |