

# Grab&Go Salad -Chef

NO IMAGE

<b>Servings:</b>	100.00	<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-44305

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SUPER SELECT	4 Pound		592323
TOMATO CHERRY 11 MRKN	8 1/2 Pound		569551
LETTUCE GREEN LEAF	4 3/4 Pound		284998
LETTUCE SALAD SEP BAGS	16 Pound		242071
LETTUCE BLND ICEBERG/ROMN	12 Pound		600504
Turkey Breast Deli	4 Pound		100121
CHEESE AMER 160CT SLCD R/F	3 1/4 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
EGG HARD CKD PLD BIB 4-2.5 GCHC	50 Each		229431
DRESSING FREN HNY PKT 102-1Z LTHSE	25 Each	READY_TO_EAT Use as a dressing or dip	135591
DRESSING ITAL FF PKT	25 Each		549584
DRESSING RNCH FF PKT	50 Each		582816
Whole Grain Garlic Butter Croutons	100 Package		111212
HAM HNY DELI SHVD FRSH	4 Pound		779160
ROLL YEAST WHE WGRAIN 1.5Z	100 Each		233140

# Preparation Instructions

1. Quarter each egg, place in refrigerator until ready for service.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

2. Rinse cucumbers and tomatoes under cool running water and drain. Slice cucumbers 1/4 inch thick. If whole tomatoes are used, slice tomatoes in wedges to yield 8 wedges per tomato.

3. Wash and drain green leaf lettuce and finely chop. If greens are not prewashed, wash and thoroughly drain them. Combine all greens. Fill 9 x 5 salad tray with 2 cups of mixed greens.

4. Place 3 cherry tomatoes in top right corner of salad tray. If using tomato wedges, place 2 tomato wedges in top right corner and 2 in front center of salad tray.

5. In center of mixed greens, add 1.75 oz. weight of diced ham and 1 oz. weight turkey strips and 0.50 oz. weight of cheese strips.

6. In left top corner, add 2 boiled egg quarters.

7. Place 3 slices of cucumber in bottom right corner.

8. In bottom left corner, place a packet of salad dressing.

9. Also add 2 packages croutons.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Cover, label, and date any leftovers.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.258
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.960
<b>Red/Orange</b>	0.208
<b>OtherVeg</b>	0.174
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	430.74
<b>Fat</b>	11.87g
<b>Saturated Fat</b>	3.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	129.28mg
<b>Sodium</b>	1173.36mg
<b>Carbohydrates</b>	59.26g
<b>Fiber</b>	7.10g
<b>Total Sugar</b>	19.34g
<b>Added Sugar</b>	3.71g
<b>Protein</b>	22.80g
<b>Vitamin A</b> 347.09mcg RAE	<b>Vitamin C</b> 5.97mg
<b>Calcium</b> 193.81mg	<b>Iron</b> 3.99mg

## Nutrition - Per 100g

<b>Calories</b>	168.95
<b>Fat</b>	4.66g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.71mg
<b>Sodium</b>	460.23mg
<b>Carbohydrates</b>	23.24g
<b>Fiber</b>	2.78g
<b>Total Sugar</b>	7.58g
<b>Added Sugar</b>	1.46g
<b>Protein</b>	8.94g
<b>Vitamin A</b> 136.14mcg RAE	<b>Vitamin C</b> 2.34mg
<b>Calcium</b> 76.02mg	<b>Iron</b> 1.57mg