

# Salad Line: Diced Egg Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58695
<b>School:</b>	Concord Jr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	
EGG HRD CKD DCD IQF	1/3 Cup		192198

## Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put diced egg cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	83.99
<b>Fat</b>	1.49g
<b>Saturated Fat</b>	1.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	153.60mg
<b>Sodium</b>	68.46mg
<b>Carbohydrates</b>	5.63g
<b>Fiber</b>	1.97g
<b>Total Sugar</b>	3.19g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	6.45g
<b>Vitamin A</b> 374.85mcg RAE	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 47.07mg	<b>Iron</b> 0.81mg

## Nutrition - Per 100g

<b>Calories</b>	395.06
<b>Fat</b>	6.99g
<b>Saturated Fat</b>	6.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	722.50mg
<b>Sodium</b>	321.99mg
<b>Carbohydrates</b>	26.46g
<b>Fiber</b>	9.26g
<b>Total Sugar</b>	14.99g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	30.36g
<b>Vitamin A</b> 1763.17mcg RAE	<b>Vitamin C</b> 29.00mg
<b>Calcium</b> 221.40mg	<b>Iron</b> 3.79mg