

Salad- Ranch House

NO IMAGE

Servings:	106.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58595
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	20 Pound		755826
CUCUMBER SELECT	3 Each	Diced	418439
DRESSING RNCH	4 Cup		631430

Preparation Instructions

You can add diced tomatoes, broccoli, or other vegetables optional

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.250
Red/Orange	0.000
OtherVeg	0.025
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	44.56
Fat	4.54g
Saturated Fat	0.75g
Trans Fat	0.00g
Cholesterol	4.53mg
Sodium	52.38mg
Carbohydrates	0.81g
Fiber	0.13g
Total Sugar	0.51g
Added Sugar	0.00g
Protein	0.13g
Vitamin A 6.18mcg RAE	Vitamin C 0.17mg
Calcium 3.02mg	Iron 0.11mg

Nutrition - Per 100g

Calories	52.07
Fat	5.30g
Saturated Fat	0.88g
Trans Fat	0.00g
Cholesterol	5.29mg
Sodium	61.20mg
Carbohydrates	0.95g
Fiber	0.15g
Total Sugar	0.60g
Added Sugar	0.00g
Protein	0.15g
Vitamin A 7.22mcg RAE	Vitamin C 0.19mg
Calcium 3.53mg	Iron 0.13mg