

Salad- Italian House

NO IMAGE

Servings:	106.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58594
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 ITAL	4 Cup		631420

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	0.250
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	8.34
Fat	0.31g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	173.13mg
Carbohydrates	1.11g
Fiber	0.13g
Total Sugar	0.81g
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	9.74
Fat	0.37g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	202.30mg
Carbohydrates	1.30g
Fiber	0.15g
Total Sugar	0.95g
Added Sugar	0.00g
Protein	0.15g
Vitamin A 7.22mcg RAE	Vitamin C 0.19mg
Calcium 3.53mg	Iron 0.13mg