

Chef Salad of the Day

NO IMAGE

Servings:	8.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45397
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD HRTS HRTS	23 1/2 Ounce		573061
TOMATO GRAPE SWT	3/4 Cup	cut into half	129631
DRESSING ITAL GLDN	1/2 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like red pepper flakes or garlic. Create new flavorful salads or a flavorful new marinade for your sirloin steak.	257885
CARROT MATCHSTICK	3/4 Package		198161

Preparation Instructions

Chef Salad Choice
Can do a ranch
Can do a caesar
Can do an italian

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.485
Red/Orange	0.119
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	65.89
Fat	4.68g
Saturated Fat	0.72g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	187.70mg
Carbohydrates	4.42g
Fiber	1.23g
Total Sugar	2.18g
Added Sugar	0.00g
Protein	2.05g
Vitamin A 707.58mcg RAE	Vitamin C 4.66mg
Calcium 60.87mg	Iron 2.04mg

Nutrition - Per 100g

Calories	77.49
Fat	5.50g
Saturated Fat	0.85g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.75mg
Carbohydrates	5.20g
Fiber	1.45g
Total Sugar	2.56g
Added Sugar	0.00g
Protein	2.41g
Vitamin A 832.16mcg RAE	Vitamin C 5.48mg
Calcium 71.59mg	Iron 2.40mg