

Grab&Go Salad -Chef

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | 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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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