

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43554
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
TURKEY HAM DCD	2 Ounce	N/A	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	0.625
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	298.02
Fat	15.82g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	66.54mg
Sodium	669.59mg
Carbohydrates	18.12g
Fiber	2.09g
Total Sugar	1.85g
Added Sugar	0.00g
Protein	18.27g
Vitamin A 389.84mcg RAE	Vitamin C 7.42mg
Calcium 321.04mg	Iron 1.39mg

Nutrition - Per 100g

Calories	165.67
Fat	8.80g
Saturated Fat	4.45g
Trans Fat	0.00g
Cholesterol	36.99mg
Sodium	372.22mg
Carbohydrates	10.07g
Fiber	1.16g
Total Sugar	1.03g
Added Sugar	0.00g
Protein	10.15g
Vitamin A 216.71mcg RAE	Vitamin C 4.12mg
Calcium 178.46mg	Iron 0.77mg