

Ham Chef Salad with Cheez-It and Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31438
School:	Knox High School	Grams Per Serving:	99.22

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup		755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
MUFFIN BLUEBERRY IW	1 Each		273442
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.230
Grain	2.333
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	433.83
Fat	17.63g
Saturated Fat	7.06g
Trans Fat	0.00g
Cholesterol	62.13mg
Sodium	810.25mg
Carbohydrates	51.13g
Fiber	3.33g
Total Sugar	15.23g
Added Sugar	13.00g
Protein	19.81g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 182.33mg	Iron 2.96mg

Nutrition - Per 100g

Calories	437.24
Fat	17.76g
Saturated Fat	7.12g
Trans Fat	0.00g
Cholesterol	62.62mg
Sodium	816.62mg
Carbohydrates	51.53g
Fiber	3.36g
Total Sugar	15.35g
Added Sugar	13.10g
Protein	19.97g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 183.77mg	Iron 2.98mg