

Ham and Egg Chef Salad with Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-55516
School:	Knox Middle School	Grams Per Serving:	56.7

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup		755826
TOMATO CHERRY	1/4 Cup		169275
CUCUMBER ENG	1/4 Cup		896547
Ham, Cubed Frozen	1 1/2 Ounce	USDA Brown Box Commodity---weight	100188-H
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	USDA Brown Box Commodity--If not available use GFS#861950	100012
EGG HARD CKD PLD	1/2 Each	Cut egg into fourths and place two-fourths or half of egg in salad	711160
CROUTON CHS GARL WGRAIN	4 Package	N/A	661022

Preparation Instructions

Place lettuce in bottom of container and then layer the following ingredients on top: tomato, cucumber, ham, shredded cheese, and 1/2 hard boiled egg. Add croutons to container and keep cold for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.250
OtherVeg	0.250
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	389.19
Fat	15.98g
Saturated Fat	3.98g
Trans Fat	0.00g
Cholesterol	124.63mg
Sodium	1027.25mg
Carbohydrates	44.46g
Fiber	1.58g
Total Sugar	7.98g
Added Sugar	4.00g
Protein	21.97g
Vitamin A 13.65mcg RAE	Vitamin C 0.37mg
Calcium 75.08mg	Iron 5.63mg

Nutrition - Per 100g

Calories	686.41
Fat	28.19g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	219.81mg
Sodium	1811.72mg
Carbohydrates	78.41g
Fiber	2.78g
Total Sugar	14.07g
Added Sugar	7.05g
Protein	38.75g
Vitamin A 24.07mcg RAE	Vitamin C 0.64mg
Calcium 132.42mg	Iron 9.93mg