# Chef Salad - Egg & Cheese

| Ingredients | For 16 Servings | | Directions |
|---|---|---|---|
| | Weight | Measure | |
| Cheddar Cheese, shredded | 12 oz. | | 1. Chill all ingredients.<br>2. Mix or layer 0.75 oz. cheese, 1 cup romaine lettuce, and ¼ cup grated carrots and place in clear container.<br>3. Portion 1 cup salad, and top with hard-boiled egg.<br>4. Serve with 2 whole grain breadsticks.<br><br>CCP: Cool to 40° F or below |
| Whole Egg, hard-boiled | | 16 medium | |
| Lettuce, romaine, chopped | | 16 cups | |
| Carrots, raw, grated | | 4 cups | |
| Breadsticks, WG New York | | 32 | |

TEAM NUTRITION IOWA

Serving Size: Yield: 16 servings

**Nutrition Analysis:** **Serving Size**: 1

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|---|---|---|---|---|
| Calories: 360 | Calories from Fat: 35% | Total Fat: 14 g | Saturated Fat: 6 g | Trans Fat: 0.0 g |
| Cholesterol: 207 | Sodium: 599 mg | Total Carbohydrate: 40 g | Dietary Fiber: 6 g | Sugars: 6 g |
| Protein: 19 g | Vitamin A: 6614 IU | Vitamin C: 4 mg | Calcium: 207 mg | Iron: 2 mg |