

Date: 1/25/2024  
Time: 11:03 AM



# salad, mixed green 2024

NAMA



**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	1	ea	<b>Prep</b>
<b>Portion</b>	1	ea	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size 1.00 ea	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 77</b>	Calories From Fat 56
% Daily Value	
<b>Total Fat 6g</b>	9%
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 43mg</b>	2%
<b>Total Carbohydrates 5g</b>	2%
Dietary Fiber 2g	9%
Sugars 1g	
<b>Protein 0g</b>	
Vitamin A 220%	Vitamin C 38%
Calcium 5%	Iron 21%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition Descriptors

Low Saturated Fat  
Cholesterol Free  
Low Sodium  
High in Vitamin A  
High in Vitamin C  
High in Iron