



# Green Salad

**Number of Servings:** 1  
**Calories Per Serving:** 148  
**PCF Ratio:** 11-48-41

Single Serving Comment:

## Cooking Instructions

Ingredients:

- 1 Cup Lettuce 1/3 Cup raw Onion
  - 1/2 Cup sliced Cucumber
  - 1 Medium Tomato
  - 20 grams Bean Sprouts
  - 1/2 tablespoon Extra Virgin Olive Oil
  - 1 Tablespoon Balsamiic Vinegar
- (serves 1)

Mix ingredients together.

11-48-41 Ratio



Nutrition Information	
Serving Size: (329g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 9 g	
<b>Protein</b> 4 g	
Vitamin A 25%	Vitamin C 70%
Calcium 4%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet	

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
PARSLEY, RAW		1 tbsp	4	1.4	.1	.2	.0				
ICEBERG LETTUCE, RAW(1 CUP)	includes crisphead types, shredded or chopped	1 cup	55	6.6	.6	1.1	.4				
ONION, RAW	chopped	1/3 cup	53	20.3	.6	4.6	3.3				
CUCUMBER W/PEEL, RAW	sliced	1/2 cup	52	6.8	.4	1.4	1				
TOMATO, RED, RIPE, RAW(WHOLE)		1 medium	123	25.8	1	5.7	3.4				
BEAN SPROUTS, RAW		20 grams	20	21.2	1.8	4.4	1.1				
EXTRA VIRGIN OLIVE OIL	salad or cooking	1/2 tbsp	7	59.7							
BALSAMIC VINEGAR	Organic	1 tbsp	15	6		2					

**Green Salad (continued)**

Recipe Total:

329	147.7	4.5	19.6	9.3				
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Single Serving Total:

329	147.7	4.5	19.6	9.3				
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Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
PARSLEY, RAW			.1	.0						197.6				.1
ICEBERG LETTUCE, RAW(1 CUP)			.8	.1	.0	.0	.0			181.5	.0	.0	.0	.1
ONION, RAW			1	.1	.0		.0				.0	.0	.0	.1
CUCUMBER W/PEEL, RAW			.4	.1	.0	.0	.0			111.8	.0	.0	.0	.1
TOMATO, RED, RIPE, RAW(WHOLE)			1.4	.4	.1		.2			766.3	.1	.1	.1	.8
BEAN SPROUTS, RAW				.1	.0					9	.0	.0	.0	.2
EXTRA VIRGIN OLIVE OIL				6.8	.9	.0	.5							
BALSAMIC VINEGAR														
Recipe Total:			3.6	7.6	1	.1	.8			1266.2	.2	.1	.1	1.3
Single Serving Total:			3.6	7.6	1	.1	.8			1266.2	.2	.1	.1	1.3

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
PARSLEY, RAW	.0		5.8	5.8		5.8			5.1			.1	5.2	1.9
ICEBERG LETTUCE, RAW(1 CUP)	.0	.0	30.8	30.8		30.8			2.1			.2	10.4	4.9
ONION, RAW	.1	.1	10.1	10.1		10.1			3.4		.2	.1	10.7	5.3
CUCUMBER W/PEEL, RAW	.1	.0	6.8	6.8		6.8			2.8			.1	7.3	5.7
TOMATO, RED, RIPE, RAW(WHOLE)	.3	.1	18.5	18.5		18.5			23.5		.4	.7	6.2	13.5
BEAN SPROUTS, RAW	.1	.0	20	20		20			3.3				5	7.4
EXTRA VIRGIN OLIVE OIL											.8	1.2		
BALSAMIC VINEGAR														
Recipe Total:	.6	.2	91.9	91.9		91.9			40.2		1.4	2.4	44.8	38.8
Single Serving Total:	.6	.2	91.9	91.9		91.9			40.2		1.4	2.4	44.8	38.8

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
PARSLEY, RAW	2.2	21.1	2.1						.2				.0

**Green Salad (continued)**

ICEBERG LETTUCE, RAW(1 CUP)	11	86.9	4.9			.0			.3	.1		.1	.1	
ONION, RAW	17.6	83.7	1.6			.0			.1	.1		.3	.1	
CUCUMBER W/PEEL, RAW	10.4	74.9	1			.0			.1	.0			.1	
TOMATO, RED, RIPE, RAW(WHOLE)	29.5	273.1	11.1			.1			.6	.1		.5	.1	
BEAN SPROUTS, RAW	34.6	64.4	2.2			.1			.6	.1		.1	.3	
EXTRA VIRGIN OLIVE OIL	.1								.0					
BALSAMIC VINEGAR			5											
Recipe Total:	<b>105.4</b>	<b>604</b>	<b>28</b>			<b>.2</b>			<b>2</b>	<b>.4</b>		<b>1</b>	<b>.8</b>	
Single Serving Total:	<b>105.4</b>	<b>604</b>	<b>28</b>			<b>.2</b>			<b>2</b>	<b>.4</b>		<b>1</b>	<b>.8</b>	