



Ceasar Salad

Ingredient Summary Analysis **Yield:** 1 (1.000 serving(s))
Source: Custom **No. Ingredients:** 3

Category: Basic Food
Manufacturer: (None)

DAILY VALUES/RDI - ADULT/CHILD

| Ingredient | Amount | Unit | Macronutrients | | % Goal | |
|--|--------|---------------|-------------------------|--------------|---------------------|-------|
| 1.500 c. Romaine Lettuce, Shredded | 1.500 | cup(s) | Kilocalories | 102.280 kcal | 5% | |
| 2.000 T. Parmesan Cheese, Shredded | 2.000 | tablespoon(s) | Protein | 5.899 g | 12% | |
| 0.250 c. Seasoned Croutons, Ready to Eat | 0.250 | cup(s) | Carbohydrate | 9.454 g | 3% | |
| | | | Fat, Total | 4.816 g | 7% | |
| | | | Cholesterol | 7.900 mg | 3% | |
| | | | Saturated Fat | 2.294 g | 11% | |
| | | | Monounsaturated Fat | 1.834 g | | |
| | | | Polyunsaturated Fat | 0.437 g | | |
| | | | Trans Fatty Acid | g | | |
| | | | Dietary Fiber, Total | 2.264 g | 9% | |
| | | | Sugar, Total | 1.441 g | | |
| | | | Vitamins | | % Goal | |
| | | | Vitamin A (RE) | 507.600 RE | | |
| | | | Vitamin A (IU) | 4944.980 IU | 99% | |
| | | | Vitamin C | 20.160 mg | 34% | |
| | | | Thiamin | 0.115 mg | 8% | |
| | | | Riboflavin | 0.134 mg | 8% | |
| | | | Niacin | 0.756 mg | 4% | |
| | | | Pyridoxine (Vitamin B6) | 0.080 mg | 4% | |
| | | | Folate (Total) | 125.540 µg | 31% | |
| | | | Cobalamin (Vitamin B12) | 0.154 µg | 3% | |
| | | | Minerals | | % Goal | |
| | | | Sodium | 300.120 mg | 13% | |
| | | | Potassium | 235.280 mg | 7% | |
| | | | Calcium | 162.620 mg | 16% | |
| | | | Iron | 1.183 mg | 7% | |
| | | | Exchanges | | Percentage of Kcals | |
| | | | | | Protein | 22.5% |
| | | | | | Carbohydrate | 36.1% |
| | | | | | Fat, total | 41.4% |
| | | | | | Alcohol | 0.0% |