



# Salad Garden



Food Item	Serving Size	Kcal	Carb(g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod (mg)
Romaine Lettuce	1 oz	5	0.9	0.3	0	0	0	2
Iceberg Lettuce	1 oz	3	0.6	0.2	0	0	0	3
Baby Carrots	1 oz	11	3	0.3	0	0	0	20
Peppers	1 oz	5	2	0.3	0	0	0	0.5
Red Onions	1 oz	12	2.9	0.3	0	0	0	0.8
Baby Corn	1 oz	7	1	0.3	0	0	0	63
Black Olives	1 oz	33	1.8	0.2	3	0.4	0	247.2
Black Beans	1 oz	20	3.8	1.3	0	0	0	89.2
Kidney Beans	1 oz	24	4.4	1.5	0.1	0	0	96.7
Alfalfa Sprouts	1 oz	8	1	1	0.2	0	0	2
Cucumber	1 oz	4	1	0.2	0	0	0	0.6
Chickpeas	1 oz	34	6.4	1.4	0.3	0	0	85
Ham, Diced	1 oz	65	0	5	4.5	1.6	14	389
Turkey, Diced	1 oz	36	0.7	4.8	1.6	0.4	16.7	339
Grilled Chicken	1 oz	47	0	8.8	1	0.3	24.1	21
Monterey & Cheddar Cheese Blend	1 oz	110	0.4	6.8	9	5.7	27.2	226
Boiled Egg	1 each	78	0.6	6.3	5.3	1.6	212	62
Cottage Cheese	4 oz	102	4.1	15.6	2.2	1.4	9.1	460.4
Balsamic Vinaigrette	2 T	80	3	0	8	1	0	140
Bleu Cheese	2 T	170	0	1	18	3.5	15	120
Caesar	2 T	120	0	1	13	2.5	30	170
French	2 T	110	5	0	11	1.5	0	240
Honey French	2 T	120	5	0	11	1.5	0	310
Honey Dijon	2 T	140	8	1	12	2	10	105
Honey Mustard	2 T	140	5	1	13	2	10	180
Fat Free Balsamic Vinaigrette	2 T	5	2	0	0	0	0	250
Fat Free Dijon Honey Mustard	2 T	45	12	0	0	0	5	150
Fat Free Italian	2 T	5	2	0	0	0	0	460
Fat Free Ranch	2 T	20	4	1	0	0	0	290
Fat Free Raspberry Vinaigrette	2 T	25	7	0	0	0	0	170
Italian	2 T	15	2	0	1	0	0	450
Ranch	2 T	150	1	1	16	2.5	10	240
Thousand Island	2 T	120	4	0	12	2	10	130