

## 7-Layer Salad<sup>50</sup>

Number of Servings: 50 (124.06 g per serving)

Amount	Measure	Ingredient
5.00	lb	Lettuce, iceberg, fresh, shred
9.00	Tbs	Onion, yellow, fresh, chpd
3.00	cup	Peppers, bell, green, sweet, fresh, chpd
3.00	cup	Celery, fresh, diced
3.00	cup	Carrots, fresh, grated, USDA
6.00	cup	Peas, green, fzn
15.00	oz	Cheese, cheddar, fancy, shredded
2 1/4	cup	Sour Cream, light
2.00	Tbs	Sugar
4.00	cup	Dressing, Miracle Whip

### Nutrients per serving

Nutrition Facts	
Serving Size (124g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein 4g</b>	
Vitamin A 35%	• Vitamin C 20%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Wash all vegetables and prepare according to recipe. Blend together light sour cream, sugar and miracle whip.

Place 2/3-3/4 shredded lettuce in salad bowls or cups.

Then add 1 Tablespoon each peppers, celery, carrots,

2 Tablespoons peas, and 1 Tablespoon shredded cheese to each salad. Top each salad, using #40 scoop (1 2/3 Tablespoon), with the sour cream, sugar, miracle whip dressing.

Place salads in refrigerator until serving time.

Serve 1 salad/serving

1 serving = 1/2 CS

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.