



COLORFUL SALAD BY: WONG LOK HEI

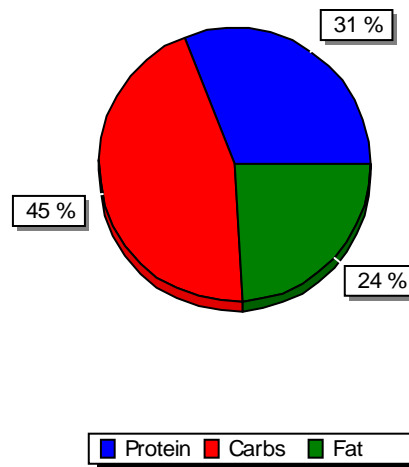
Number of Servings: 1.8

Calories Per Serving: 53

PCF Ratio: 31-45-24

Single Serving Comment:

31-45-24 Ratio



Nutrition Information

Serving Size: (100g)

Servings: 1

Amount Per Serving

Calories 50 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 0g **2%**

Cholesterol 10mg **3%**

Sodium 210mg **9%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 2 g

Protein 4 g

Vitamin A 2% ■ Vitamin C 15%

Calcium 4% ■ Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet

COLORFUL SALAD BY: WONG LOK HEI (continued)

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Dietary Fiber (g)	Fat (g)
TOMATO, RED, RIPE, RAW	year round avg	15 grams	15	2.7	.1	.6	.4	.2	.0
ICEBERG LETTUCE, RAW	Icelandic	35 grams	35	3.8	.3	.5	.3	.4	.0
CUCUMBER W/PEEL, RAW		15 grams	15	2.3	.1	.5	.3	.1	.0
SNAP BEAN, RAW (GREEN BEAN)	4" long	10 grams	10	3.1	.2	.7	.1	.3	.0
PINEAPPLE, ALL VARIETIES, RAW		15 grams	15	7.2	.1	1.9	1.4	.2	.0
TOFU, EXTRA FIRM	silken	20 grams	20	10.7	1.4	.5			.4
BACON PIECES, REAL		10 grams	10	35.7	4.3				2.1
GARLIC, RAW		20 grams	20	29.8	1.3	6.6	.2	.4	.1
WHITE WINE VINEGAR	Organic	8 tsp	40						
SALT, TABLE		0.2 gram	0						
BLACK PEPPER, GROUND		0.1 gram	0	.3	.0	.1		.0	
Recipe Total:			180	95.7	7.8	11.4	2.7	1.6	2.7
Single Serving Total:			100	53.1	4.3	6.3	1.5	.9	1.5

COLORFUL SALAD BY: WONG LOK HEI (continued)

Name	Sat fat (g)	Trans Fat (g)	Cholest (mg)	Vit-A (mcg_RAE)	Vit-C (mg)	Calcium (mg)	Iron (mg)		
TOMATO, RED, RIPE, RAW				6.3	1.9	1.5	.0		
ICEBERG LETTUCE, RAW					.6	5.6	.1		
CUCUMBER W/PEEL, RAW				.8	.4	2.4	.0		
SNAP BEAN, RAW (GREEN BEAN)				3.5	1.6	3.7	.1		
PINEAPPLE, ALL VARIETIES, RAW				.5	5.4	2	.0		
TOFU, EXTRA FIRM						4.8	.2		
BACON PIECES, REAL	.7		14.3						
GARLIC, RAW	.0				6.2	36.2	.3		
WHITE WINE VINEGAR									
SALT, TABLE						.0			
BLACK PEPPER, GROUND						.4			
Recipe Total:	.7		14.3	11	16.3	56.5	.8		
Single Serving Total:	.4		7.9	6.1	9	31.4	.5		