

Nutrition_Salad_Station_Buffet-Sept 2011

Name of Product	Number Pieces/ Slices Per Portion	Energy per 100g (kcal)	Protein (g/100g)	Carbohydrate (g/100g)	Fat (g/100g)	Saturated Fat per (g/100g)	Salt (g/100g)	Sugar (g/100g)
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Please note that all the figures below are given per 100g but more or less may be taken.

Dressed Salad Lines

Potato Salad	N/A	127	1.0	10.6	8.6	0.6	0.5	3.37
Coleslaw	N/A	186	1.1	4.5	18.2	1.7	0.80	5.6
Cous Cous	N/A	219	5.0	30.0	9.0	4.0	0.40	4
Cheesy Sweetcorn Pasta	N/A	200	4.4	18.0	12.0	1.4	0.31	1.63
Diced Beetroot	N/A	46	2.3	9.5	0.1	0.0	0.28	8.8
Tomato & Basil Cous Cous	N/A	147	4.5	25.9	2.4	0.2	0.60	3.6
BBQ Pasta	N/A	138	3.3	18.7	5.2	0.5	0.60	4.7

Fresh Salad Lines

Seasonal Salad	N/A	15	0.7	1.8	0.6	0.1	<0.1	n/a
Cherry Tomatoes	N/A	19	0.8	3.0	0.4	0.0	0.00	3
Cucumber	N/A	10	0.7	1.5	0.1	0.0	0.00	1.4
Sweetcorn	N/A	79	1.8	16.8	0.8	0.2	0.01	n/a
Mixed Peppers	N/A	15	0.8	2.6	0.3	0.1	0.00	2.4
Red Onion	N/A	36	1.2	7.9	0.2	0.0	0.01	5.6
Carrot Batons	N/A	35	0.6	7.9	0.3	0.1	0.10	7.4
Silverskin Onions	N/A	40	0.6	7.2	0.1	0.0	2.03	4.4

Fruit Salad

Apple & Grape Mix	N/A	49	0.4	12.0	0.1	trace	0.00	n/a
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Dried Items

Bacon Bits	N/A	504	9.4	53.8	27.9	13.2	3.25	1.8
Large Salad Croutons	N/A	470	11.0	59.1	21.1	10.0	1.78	1.1
Tortilla Chips	N/A	490	6.1	61.9	24.2	10.4	1.50	0.7
Dried Fruit Mix	N/A	255	2.1	60.9	0.4	n/a	n/a	n/a
Sunflower Seeds	N/A	570	26.0	18.0	50.0	6.0	0.01	3.00
Breadsticks	N/A	390	12.8	69.3	6.8	2.4	2.00	1.90
Crispy Onions	N/A	625	6.0	44.0	47.0	23.0	1.02	12.0

Dressings & Dips

1000 Island	N/A	280	0.7	11.5	25.5	1.8	1.25	5
Blue Cheese Dressing	N/A	249	1.9	10.3	22.3	2.4	2.72	6.45
Caesar Dressing	N/A	68	1.5	8.9	2.8	0.7	1.25	3.8
Low Fat Vinaigrette	N/A	77	0.3	17.2	0.5	0.1	1.80	7.4
Honey Mustard Dressing	N/A	171	0.9	32.2	3.9	0.3	1.78	31.20
Salsa (per 100ml)	N/A	66	1	15	9	n/a	n/a	n/a
Mayonnaise Light	N/A	326	0.6	6.0	33.0	2.4	2.29	1.9
Garlic & Chilli Dipping Oil	N/A	830	1.6	4.2	89.8	12.8	TRACE	4.1
Lemon Infused Oil	N/A	900	0.0	0.0	100.0	13.5	0.00	0
Extra Virgin Olive Oil with Balsamic Vinegar	N/A	669	0.1	4.4	71.5	10.2	trace	4.4
Extra Virgin Olive Oil with Italian Herbs	N/A	877	0.4	0.9	96.9	12.1	TRACE	0.4

Buffet

4 Cheese & Vegetable	N/A	105	4.0	12.6	4.3	2.1	0.60	1.2
Bolognese Pasta	N/A	121	4.9	17.1	3.7	1.2	0.60	1.4