

**Nutrition\_Salad\_Station\_Buffet-Oct 2009**

Name of Product	Number Pieces/ Slices Per Portion	Energy per 100g (kcal)	Energy per Food Portion (kcal)	Protein (g/100g)	Protein per Food Portion (g)	Carbohydrate (g/100g)	Carbohydrate per Food Portion (g)	Fat (g/100g)	Fat per Food Portion (g)	Saturated Fat per (g/100g)	Saturated Fat per Food Portion (g)	Salt (g/100g)	Salt per Food Portion (g)	Sugar (g/100g)	Sugar per Food Portion (g)
<b>Dressed Salad Lines</b>															
Potato Salad	N/A	154	N/A	1.7	N/A	10.0	N/A	11.9	N/A	1.2	N/A	0.4	N/A	1.8	N/A
Beetroot & Carrot with Balsamic Vinegrette	N/A	30	N/A	1.1	N/A	5.7	N/A	0.3	N/A	0.1	N/A	0.13	N/A	5.67	N/A
Tomato Pasta Salad	N/A	186	N/A	3.7	N/A	21.8	N/A	9.3	N/A	1.4	N/A	0.70	N/A	5.6	N/A
Coleslaw	N/A	186	N/A	1.1	N/A	4.5	N/A	18.2	N/A	1.7	N/A	0.80	N/A	5.6	N/A
Baby Potatoes	N/A	79	N/A	1.2	N/A	14.6	N/A	1.8	N/A	0.3	N/A	TRACE	N/A	0.1	N/A
Gemelli Pasta	N/A	155	N/A	4.3	N/A	26.0	N/A	4.4	N/A	0.6	N/A	trace	N/A	0.3	N/A
Cous Cous	N/A	219	N/A	5.0	N/A	30.0	N/A	9.0	N/A	4.0	N/A	0.40	N/A	4	N/A
Kids Pasta	N/A	180	N/A	6.9	N/A	16.5	N/A	9.4	N/A	3.0	N/A	0.53	N/A	0.95	N/A
Adults Pasta	N/A	250	N/A	5.7	N/A	16.8	N/A	10.9	N/A	2.8	N/A	1.18	N/A	1.62	N/A
<b>Fresh Salad Lines</b>															
Seasonal Salad	N/A	15	N/A	0.7	N/A	1.8	N/A	0.6	N/A	0.1	N/A	<0.1	N/A	n/a	N/A
Cherry Tomatoes	N/A	19	N/A	0.8	N/A	3.0	N/A	0.4	N/A	0.0	N/A	0.00	N/A	3	N/A
Cucumber	N/A	10	N/A	0.7	N/A	1.5	N/A	0.1	N/A	0.0	N/A	0.00	N/A	1.4	N/A
Sweetcorn	N/A	79	N/A	1.8	N/A	16.8	N/A	0.8	N/A	0.2	N/A	0.01	N/A	n/a	N/A
Tomato Slices	N/A	17	N/A	0.7	N/A	3.1	N/A	0.3	N/A	0.1	N/A	0.02	N/A	3.1	N/A
Mixed Peppers	N/A	15	N/A	0.8	N/A	2.6	N/A	0.3	N/A	0.1	N/A	0.00	N/A	2.4	N/A
Cos Lettuce	N/A	13	N/A	0.7	N/A	1.9	N/A	0.3	N/A	0.0	N/A	0.08	N/A	1.9	N/A
Red Onion	N/A	36	N/A	1.2	N/A	7.9	N/A	0.2	N/A	0.0	N/A	0.01	N/A	5.6	N/A
Carrot Batons	N/A	35	N/A	0.6	N/A	7.9	N/A	0.3	N/A	0.1	N/A	0.10	N/A	7.4	N/A
<b>Seasonal Fruit Salad</b>															
Melon Pieces	N/A	34	N/A	0.8	N/A	8.2	N/A	trace	N/A	trace	N/A	0.04	N/A	7.8	N/A
Apple & Grape Mix	N/A	49	N/A	0.4	N/A	12.0	N/A	0.1	N/A	trace	N/A	0.00	N/A	n/a	N/A

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**Dried Items**

Bacon Bits	N/A	496	N/A	8.3	N/A	48.7	N/A	29.8	N/A	14.8	N/A	4.00	N/A	n/a	N/A
Large Salad Croutons	N/A	470	N/A	11.0	N/A	59.1	N/A	21.1	N/A	10.0	N/A	1.78	N/A	1.1	N/A
Tortilla Chips	N/A	490	N/A	6.1	N/A	61.9	N/A	24.2	N/A	10.4	N/A	1.50	N/A	0.7	N/A
Dried Fruit Mix	N/A	255	N/A	2.1	N/A	60.9	N/A	0.4	N/A	n/a	N/A	n/a	N/A	n/a	N/A
Sunflower Seeds	N/A	570	N/A	26.0	N/A	18.0	N/A	50.0	N/A	6.0	N/A	0.01	N/A	3.00	N/A
Breadsticks	N/A	390	N/A	12.8	N/A	69.3	N/A	6.8	N/A	2.4	N/A	2.00	N/A	1.90	N/A

**Dressings & Dips**

1000 Island	N/A	280	N/A	0.7	N/A	11.5	N/A	25.5	N/A	1.8	N/A	1.25	N/A	5	N/A
Blue Cheese	N/A	258	N/A	1.7	N/A	11.5	N/A	22.7	N/A	2.6	N/A	2.50	N/A	4.8	N/A
Caesar Dressing	N/A	68	N/A	1.5	N/A	8.9	N/A	2.8	N/A	0.7	N/A	1.25	N/A	3.8	N/A
Low Fat Vinaigrette	N/A	77	N/A	0.3	N/A	17.2	N/A	0.5	N/A	0.0	N/A	1.75	N/A	7.4	N/A
Salsa (per 100ml)	N/A	66	N/A	1	N/A	15	N/A	9	N/A	n/a	N/A	n/a	N/A	n/a	N/A
Mayonnaise Light	N/A	326	N/A	0.6	N/A	6.0	N/A	33.0	N/A	2.4	N/A	2.29	N/A	1.9	N/A
Houmous	N/A	221	N/A	7.5	N/A	15.3	N/A	16.7	N/A	n/a	N/A	1.12	N/A	n/a	N/A
Garlic & Chilli Dipping Oil	N/A	830	N/A	1.6	N/A	4.2	N/A	89.8	N/A	12.8	N/A	TRACE	N/A	4.1	N/A
Lemon Infused Oil	N/A	900	N/A	0.0	N/A	0.0	N/A	100.0	N/A	13.5	N/A	0.00	N/A	0	N/A
Extra Virgin Olive Oil with Balsamic Vinegar	N/A	669	N/A	0.1	N/A	4.4	N/A	71.5	N/A	10.2	N/A	trace	N/A	4.4	N/A
Extra Virgin Olive Oil with Italian Herbs	N/A	877	N/A	0.4	N/A	0.9	N/A	96.9	N/A	12.1	N/A	TRACE	N/A	0.4	N/A

**Buffet**

4 Cheese & Vegetable	N/A	105	N/A	4.0	N/A	12.6	N/A	4.3	N/A	2.1	N/A	0.60	N/A	1.2	N/A
Bolognese Pasta	N/A	121	N/A	4.9	N/A	17.1	N/A	3.7	N/A	1.2	N/A	0.60	N/A	1.4	N/A
Breadsticks	N/A	347	N/A	9.8	N/A	46.9	N/A	13.4	N/A	2.0	N/A	1.2	N/A	1.3	N/A