

**Ryan's Nutrition
Salads and Salad Toppings**

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Blackeye Pea Salad	60 (1 spoon)	40	0	0	0	0	2	7	2	2	140
Bowtie Pasta & Vegetables	72 (1 spoon)	110	7	1.5	0	15	3	10	2	<1	330
Broccoli & Cauliflower Salad w/ Raisins	70 (1 spoon)	120	8	1	0	10	3	11	8	2	290
Caesar Salad	65 (1spoon)	130	12	2	0	15	3	3	2	1	340
Cole Slaw	72 (1 spoon)	180	6	2	0	20	<1	11	10	1	540
Corn Salad	72 (1 spoon)	100	5	1	0	10	4	11	4	1	300
Greek Pasta Salad	72 (1 spoon)	110	7	1.5	0	5	3	11	2	1	230
Greek Salad	65 (1 spoon)	90	8	2	0	5	2	3	1	1	430
Homemade Tuna Salad	80 (1 spoon)	50	7	1	0	10	13	8	0	0	320
Italian Salad	65 (1 spoon)	50	4.5	0.5	0	0	<1	4	2	1	260
Lettuce-Iceberg	28 (1 oz)	5	0	0	0	0	0	0	0	0	0
Lettuce-Romaine	28 (1 oz)	5	0	0	0	0	0	0	0	0	0
Low Fat Cottage Cheese	28 (1 oz)	25	0.5	0	0	2	4	1	0	0	115
Lowfat Blueberry Yogurt	28 (1 oz)	25	0	0	0	0	1	5	4	0	10
Macaroni Salad	78 (1 spoon)	140	6	1	0	5	3	2	7	1	350
Marinated Seven Bean Salad	78 (1 spoon)	120	0	0	0	0	4	29	18	4	290
Marinated Vegetable Salad	72 (1 spoon)	50	3.5	0.5	0	0	1	5	3	1	190
Potato Salad	78 (1 spoon)	110	4.5	1	0	5	2	16	3	1	420
Rotini Pasta w/ Vegetables	72 (1 spoon)	90	4	0.5	0	0	2	12	2	1	260
Shell Pasta w/ Vegetables	72 (1 spoon)	90	4.5	0.5	0	0	2	11	2	1	260
Spinach & Strawberry Salad	72 (1 spoon)	70	4	0.5	0	0	1	7	5	1	180
Tomato & Onion Salad	72 (1 spoon)	40	2.5	0.5	0	0	<1	5	3	1	135
Toppings											
Cauliflower	15 (1 spoon)	5	0	0	0	0	0	1	0	0	5
Cheese-cubed Cheddar	15 (1 spoon)	60	5	3	0	15	4	0	0	0	95
Cheese-cubed w/ Pepper	15 (1 spoon)	60	5	3	0	15	4	0	0	0	100
Cheese-shredded White	10 (1 spoon)	40	3.5	2	0	10	3	0	0	0	60
Cheese-shredded Yellow/Orange	10 (1 spoon)	40	3.5	2	0	10	3	0	0	0	60
Cherry Tomatoes	17 (1 tomato)	5	0	0	0	0	0	1	0	0	0
Cucumbers	28 (1 oz)	5	0	0	0	0	0	1	0	0	0
Green Peppers	15 (1 spoon)	5	0	0	0	0	0	1	0	0	0
Hard Cooked Diced Eggs	1 oz (28)	45	3	1	0	120	3	<1	0	0	70
Julienne Turkey Ham	1 oz (28)	40	1	0.5	0	15	6	<1	0	0	300
Julienne White Turkey	1 oz (28)	45	2.5	0.5	0	15	4	1	0	0	250
Kosher Deli Pickle Spear	1 spear (37)	5	0	0	0	0	0	1	1	0	370
Light Sour Cream	1 Tbsp (12)	15	1.5	1	0	5	<1	1	0	0	10
Onion, diced	15 (1 spoon)	5	0	0	0	0	0	2	0	0	0
Salsa	30 (1 fl oz ladle)	10	0	0	0	0	0	2	0	0	150
Sliced Green Olives	15 (1 spoon)	15	1.5	0	0	0	0	1	0	<1	130
Sliced Pepperoni	1 oz (28)	140	13	3	0.5	30	5	<1	0	0	480
Sliced Ripe Olives	15 (1 spoon)	15	1.5	0	0	0	0	1	0	<1	130