



# Caesar Salad Recipe





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Recipe Items:	1 Portion	5 Portions
PE Spinach (PE#21743)	#20 Scoop (50 gm)	250 gm (8.8 oz)
PE Bacon (PE#21768)	1 Tbsp (15 ml)	75 gm (2.7 oz)
Creamy Caesar Dressing	1 Tbsp (15 ml)	75 ml (2.6 fl oz)
Parmesan Cheese, fine ground	1 tsp (5 ml)	25 ml (1 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Cold Service - Keep Puree Essentials food cold prior to service, below 4° C or 40° F.



2. Plate a #20 Scoop (50 gm) of spinach mousse. Break apart the spinach into flakes with a spoon or scoop to alter the rounded scoop form.



3. Using a spoon, evenly cover the spinach mousse with small mounds of the 1Tbsp (15 ml) of bacon mousse.



4. Cover the salad with 1 Tbsp (15 ml) of creamy Caesar dressing.



5. Finish the salad with 1 tsp (5 ml) of fine ground parmesan cheese, sprinkled evenly over the top of the salad.

Cold Service - keep Puree Essentials food temperatures cold, below 4° C or 40° F.

**Variations:** replace PE Bacon with alternate smooth items for flavor variety.

Nutrition Facts	
Valeur nutritive	
Per 1 salad (79g) / par 1 salad (79g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	160
<b>Fat / Lipides</b>	12g <b>19%</b>
Saturated / satures	2g
+ Trans / trans	0g <b>11%</b>
<b>Cholesterol / Cholesterol</b>	10mg
<b>Sodium / Sodium</b>	420mg <b>17%</b>
<b>Carbohydrate / Glucides</b>	5g <b>2%</b>
Fibre / Fibres	less than 1g <b>2%</b>
Sugars / Sucres	less than 1g
<b>Protein / Proteines</b>	8g
Vitamin A / Vitamine A	11%
Vitamin C / Vitamine C	2%
Calcium / Calcium	6%
Iron / Fer	10%

