

# Deborah's Salad

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

several types of lettuce (including red)  
1 can black olives, drained  
1 can sliced water chestnuts, drained  
and rinsed  
1 can kidney beans, drained  
3 to 4 green onions, chopped  
3/4 cup cashews  
1 cup sharp Cheddar cheese, grated  
tortilla chips  
Caesar dressing

In a bowl, mix all of the ingredients except tortilla chips and Caesar dressing.

Add the tortilla chips just prior to serving.

Toss with the caesar dressing.

---

Per Serving (excluding unknown items): 1650 Calories; 87g Fat (45.7% calories from fat); 88g Protein; 143g Carbohydrate; 53g Dietary Fiber; 119mg Cholesterol; 810mg Sodium. Exchanges: 9 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 13 1/2 Fat.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	1650
% Calories from Fat:	45.7%
% Calories from Carbohydrates:	33.6%
% Calories from Protein:	20.7%
Total Fat (g):	87g
Saturated Fat (g):	33g
Monounsaturated Fat (g):	39g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	119mg
Carbohydrate (g):	143g
Dietary Fiber (g):	53g
Protein (g):	88g
Sodium (mg):	810mg
Potassium (mg):	3340mg

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	1.4mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	841mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

### Food Exchanges

Grain (Starch):	9
Lean Meat:	8 1/2
Vegetable:	1/2
Fruit:	0

**Calcium (mg):** 1157mg  
**Iron (mg):** 21mg  
**Zinc (mg):** 13mg  
**Vitamin C (mg):** 17mg  
**Vitamin A (i.u.):** 1407IU  
**Vitamin A (r.e.):** 382RE

**Non-Fat Milk:** 0  
**Fat:** 13 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1650      **Calories from Fat:** 754

### % Daily Values\*

<b>Total Fat</b>	87g	133%
Saturated Fat	33g	167%
<b>Cholesterol</b>	119mg	40%
<b>Sodium</b>	810mg	34%
<b>Total Carbohydrates</b>	143g	48%
Dietary Fiber	53g	212%
<b>Protein</b>	88g	

<b>Vitamin A</b>	28%
<b>Vitamin C</b>	28%
<b>Calcium</b>	116%
<b>Iron</b>	115%

\* Percent Daily Values are based on a 2000 calorie diet.