



3.8



A salad made up of leafy vegetables are a good choice for a healthful diet because they do not contain cholesterol and are naturally low in calories and sodium.

Cafe LA Salad PREP

Serving Size 1 Serving **Carbs: 2.41**

Served on Fri, 02/20/2026

Allergens



Tomato

Nutrients

Calories	10.85
Carbohydrate (gm)	2.41
Fiber (gm)	0.68
Total Fat (gm)	0.08
Saturated Fat (gm)	0.01
Total Sugar (g)	0.25
Protein (gm)	0.49

Ingredients

Romaine chopped | carrot shredded |
red cabbage shredded
cucumber | tomato



Disclaimer

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