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Adriana's Famous Salad - No Dressing

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	salad	**Cook**
Portion	1	salad	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 salad
Servings Per Container 1

Amount Per Serving

Calories 238 Calories From Fat 117

	% Daily Value
Total Fat 13g	20%
Saturated Fat 4g	17%
Cholesterol 11mg	4%
Sodium 377mg	16%
Total Carbohydrates 20g	7%
Dietary Fiber 4g	18%
Protein 13g	

Vitamin A	68%	Vitamin C	40%
Calcium	28%	Iron	12%

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

Nutrition Descriptors

Low Cholesterol
High in Vitamin A
High in Vitamin C
High in Calcium
High in Protein
Good Source of Potassium
Good Source of Iron
Good Source of Fiber