

# Adriana's Famous Salad with Tuna Salad

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	1	salad	<b>Prep</b>
<b>Portion</b>	1	salad	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size	1 salad
Servings Per Container	1
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Amount Per Serving	
<b>Calories</b> 480	Calories From Fat 197
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	% Daily Value
<b>Total Fat</b> 22g	33%
Saturated Fat 6g	25%
<b>Cholesterol</b> 74mg	25%
<b>Sodium</b> 1016mg	42%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber 5g	20%
<b>Protein</b> 46g	
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Vitamin A 69%	Vitamin C 42%
Calcium 31%	Iron 20%
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* Percent Daily Values are based on a 2000 calorie diet.	

## Nutrition Descriptors

High in Vitamin A  
 High in Vitamin C  
 High in Calcium  
 High in Potassium  
 High in Iron  
 High in Fiber  
 High in Protein