

Adriana's Famous Salad with Grilled Chicken

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

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

Nutrition Facts	
Serving Size	1 salad
Servings Per Container	1
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Amount Per Serving	
Calories	365
Calories From Fat	166
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% Daily Value	
Total Fat	18g 28%
Saturated Fat	5g 23%
Cholesterol	86mg 29%
Sodium	453mg 19%
Total Carbohydrates	20g 7%
Dietary Fiber	4g 18%
Protein	31g
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Vitamin A	70%
Vitamin C	45%
Calcium	30%
Iron	17%
* 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 Protein
- Good Source of Potassium
- Good Source of Iron
- Good Source of Fiber