

Asian Chicken Salad with Creamy Dressing

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	361
Calories From Fat	137
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% Daily Value	
Total Fat	15g 23%
Saturated Fat	3g 12%
Cholesterol	78mg 26%
Sodium	738mg 31%
Total Carbohydrates	36g 12%
Dietary Fiber	3g 14%
Protein	22g
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Vitamin A	134%
Vitamin C	118%
Calcium	11%
Iron	18%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- High in Vitamin A
- High in Vitamin C
- High in Protein
- Good Source of Calcium
- Good Source of Potassium
- Good Source of Iron
- Good Source of Carbohydrates
- Good Source of Fiber