

Caesar Salad Large

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 salad

Portion 1 salad

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 salad

Servings Per Container 1

Amount Per Serving

Calories 388 Calories From Fat 268

% Daily Value

Total Fat 30g 45%

Saturated Fat 7g 31%

Cholesterol 11mg 4%

Sodium 869mg 36%

Total Carbohydrates 21g 7%

Dietary Fiber 3g 11%

Protein 11g

Vitamin A 46% Vitamin C 34%

Calcium 24% Iron 11%

* 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 Iron
Good Source of Fiber