

# Caesar Salad with Chicken

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** 512    **Calories From Fat** 317

% Daily Value

**Total Fat** 35g                      53%

Saturated Fat 8g                      37%

**Cholesterol** 85mg                      28%

**Sodium** 943mg                      39%

**Total Carbohydrates** 21g                      7%

Dietary Fiber 3g                      11%

**Protein** 29g

Vitamin A 48%                      Vitamin C 39%

Calcium 26%                      Iron 16%

\* 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