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Chef Salad - Italian Ranch Dressing

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 salad
Servings Per Container 1

Amount Per Serving

Calories 376	Calories From Fat 252
	% Daily Value
Total Fat 28g	42%
Saturated Fat 9g	39%
Cholesterol 76mg	25%
Sodium 1248mg	52%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	7%
Protein 23g	
Vitamin A 61%	Vitamin C 27%
Calcium 28%	Iron 8%

* 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