Date: 12/18/2008

Chicken Salad Croissant

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 Sandwich
Servings Per Container 1

Amount Per Serving

Calories 567	Calories From Fat 282
	% Daily Value
Total Fat 31g	47%
Saturated Fat 12g	54%
Cholesterol 145mg	48%
Sodium 859mg	36%
Total Carbohydrates 44g	15%
Dietary Fiber 3g	11%
Protein 27g	

Vitamin A	14%	Vitamin C	9%
Calcium	6%	Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

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