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Chicken Salad Wrap

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 Wrap
Servings Per Container 1

Amount Per Serving

Calories 528	Calories From Fat 195	
		% Daily Value
Total Fat 22g		33%
Saturated Fat 4g		18%
Cholesterol 99mg		33%
Sodium 681mg		28%
Total Carbohydrates 52g		17%
Dietary Fiber 3g		14%
Protein 30g		
Vitamin A 13%	Vitamin C	14%
Calcium 13%	Iron	23%

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

Nutrition Descriptors

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