

Country Chicken Salad

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 618 Calories From Fat 267

% Daily Value

Total Fat 30g 45%

Saturated Fat 6g 29%

Cholesterol 232mg 77%

Sodium 1930mg 80%

Total Carbohydrates 63g 21%

Dietary Fiber 7g 28%

Protein 29g

Vitamin A 66% Vitamin C 32%

Calcium 11% Iron 20%

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

Nutrition Descriptors

High in Vitamin A

High in Vitamin C

High in Iron

High in Carbohydrates

High in Fiber

High in Protein

Good Source of Calcium