

Elements Cobb Salad - Ranch Dressing

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 556 Calories From Fat 406

% Daily Value

Total Fat 45g 68%

Saturated Fat 12g 52%

Cholesterol 129mg 43%

Sodium 1024mg 43%

Total Carbohydrates 10g 3%

Dietary Fiber 3g 14%

Protein 30g

Vitamin A 60% Vitamin C 37%

Calcium 21% Iron 12%

* 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