

Sabino's Chicken Salad

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 4 servings

Portion 7.5 oz

Num Portions 4

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 7.5 oz (213g)

Servings Per Container 4

Amount Per Serving

Calories 276 Calories From Fat 144

% Daily Value

Total Fat 16g 24%

Saturated Fat 3g 14%

Cholesterol 99mg 33%

Sodium 556mg 23%

Total Carbohydrates 9g 3%

Dietary Fiber 1g 4%

Protein 23g

Vitamin A 5% Vitamin C 12%

Calcium 4% Iron 8%

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

Nutrition Descriptors

High in Protein

Good Source of Vitamin C

Good Source of Potassium