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Sabino's Garden Salad - Italian Ranch Dressing

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 salad
Servings Per Container 1

Amount Per Serving

Calories 348	Calories From Fat 259
	% Daily Value
Total Fat 29g	43%
Saturated Fat 7g	33%
Cholesterol 39mg	13%
Sodium 747mg	31%
Total Carbohydrates 16g	5%
Dietary Fiber 2g	10%
Protein 8g	
Vitamin A 71%	Vitamin C 39%
Calcium 18%	Iron 9%

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

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
Good Source of Calcium
Good Source of Fiber
Good Source of Protein