

Southwestern Chicken Salad with Salsa 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 434 Calories From Fat 231	
% Daily Value	
Total Fat 26g	39%
Saturated Fat 7g	33%
Cholesterol 105mg	35%
Sodium 750mg	31%
Total Carbohydrates 24g	8%
Dietary Fiber 6g	25%
Protein 29g	
Vitamin A 50%	Vitamin C 34%
Calcium 28%	Iron 28%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

cajun spices

Reason

No nutrition information