Asian Chicken Salad Xcel

Lancer Management

Categories
Tools
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Plate

			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 287	Calories From Fat 109
	% Daily Value
Total Fat 12g	18%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 49mg	16%
Sodium 166mg	7%
Total Carbohydrates 33g	11%
Dietary Fiber 3g	14%
Protein 13g	
Vitamin A 92%	Vitamin C 74%
Calcium 9%	Iron 9%

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

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
High in Protein
Good Source of Potassium
Good Source of Carbohydrates
Good Source of Fiber

Ingredients

boneless skinless chicken breasts, iceberg lettuce, Dressing Creamy Oriental Prepared, green cabbage, mandarin oranges, carrot, snow peas, green onion, won ton wrappers, Shortning Fryer Oil Mel-Fry Free, five spice powder