
Caesar Salad Large

Lancer Management

Categories

Tools

Locations

Plate

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 327 **Calories From Fat** 245

% Daily Value

Total Fat 27g 41%

Saturated Fat 5g 24%

Trans Fat 0g

Cholesterol 6mg 2%

Sodium 688mg 29%

Total Carbohydrates 16g 5%

Dietary Fiber 2g 9%

Protein 8g

Vitamin A 45% Vitamin C 34%

Calcium 14% Iron 9%

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

Nutrition Descriptors

Low Cholesterol
High in Vitamin A
High in Vitamin C
Good Source of Calcium
Good Source of Protein

Ingredients

romaine lettuce, CSR PRFCT PLST REF DRESSING, croutons, parmesan cheese

Contains: Eggs, Fish, Milk

Caesar Salad with Chicken

Lancer Management

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Locations

Plate

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 512 **Calories From Fat** 317

% Daily Value

Total Fat 35g 53%

Saturated Fat 8g 37%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 943mg 39%

Total Carbohydrates 21g 7%

Dietary Fiber 3g 11%

Protein 29g

Vitamin A 48% Vitamin C 39%

Calcium 26% Iron 16%

* 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

Ingredients

boneless skinless chicken breasts, romaine lettuce, CSR PRFCT PLST REF DRESSING, croutons, parmesan cheese

Contains: Eggs, Fish, Milk