
Chef Salad Xcel

Lancer Management

Categories Salad

Tools French Knife, Salad Spinner

Locations Pantry Cold

Plate 10" Plate, Dome Lid

Yield 1 salad **Prep** 10 minutes

Portion 1 salad **Cook**

Num Portions 1 **Finish** 5 minutes

Shelf 2 days

Nutrition Facts

Serving Size 1 salad

Servings Per Container 1

Amount Per Serving

Calories 253 **Calories From Fat** 123

% Daily Value

Total Fat 14g 20%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 167mg 56%

Sodium 859mg 36%

Total Carbohydrates 7g 2%

Dietary Fiber 2g 7%

Protein 25g

Vitamin A 62% Vitamin C 31%

Calcium 25% Iron 10%

* 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 Iron

Ingredients

Ham Sliced Natural, Turkey Breast Sliced Natural Hormel, cucumber, iceberg lettuce, romaine lettuce, tomatoes 6x6, egg, Provolone Sliced .75Z Cheese, CHEDR .75 Z REF SLCD CHEESE, carrot, red cabbage

Contains: Eggs, Milk