

Nutrition Facts

Serving Size 1 serving (413.9g)
 Servings Per Container 1

Amount Per Serving

Calories 650 **Calories from Fat** 270

% Daily Value*

Total Fat 30g **46%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 150mg **50%**

Sodium 2100mg **88%**

Total Carbohydrate 35g **12%**

 Dietary Fiber 5g **20%**

 Sugars 6g

Protein 59g

Vitamin A 200% • Vitamin C 45%

Calcium 45% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Chicken Breast, Romaine Lettuce, Low-fat Caesar Salad Dressing, Black Olives, Croutons, Parmesan Cheese.