Asian Chicken Speciality Salad

# Nutrition Facts

Serving Size 1 serving (248.06g)
Servings Per Container 1

**Amount Per Serving**

| | |
|---|---|
| **Calories** 420 | Calories from Fat 100 |
| | **% Daily Value*** |
| **Total Fat** 11g | **17%** |
| Saturated Fat 1.5g | **8%** |
| *Trans* Fat 0g | |
| **Cholesterol** 95mg | **32%** |
| **Sodium** 420mg | **18%** |
| **Total Carbohydrate** 43g | **14%** |
| Dietary Fiber 5g | **20%** |
| Sugars 28g | |
| **Protein** 39g | |

Vitamin A 100% • Vitamin C 20%

Calcium 8% • Iron 15%

* 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, Spring Salad Mix, Dried Cranberries, Carrots, Thai Sweet Chili Sauce, Wasabi Peas, Almonds, Asian Dressing.