



## Asian Style Chicken Salad w/Wonton Noodles

### Asian Chicken Salad

<b>Nutrition Facts</b>	
Serving Size 1 bowl (269.00g/9.5oz)	
Amount Per Serving	
<b>Calories</b> 300	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 75mg	<b>26%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 15g	
<b>Protein</b> 30g	Not a significant source of protein
Vitamin A 130%	• Vitamin C 45%
Calcium 6%	• Iron 10%
* 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 65 g    80 g
Saturated Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Protein	50 g    60 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Wonton Noodles

<b>Nutrition Facts</b>	
Serving Size 1 package (14.17g/0.5oz)	
Amount Per Serving	
<b>Calories</b> 35	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* 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 65 g    80 g
Saturated Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

#### Ingredients:

**Asian Chicken Salad:** Lettuce Mix (Lettuce, Romaine, Carrots, Radish, Red Cabbage), Chicken Broilers or Fryers, Breast, Meat Only, Ckd, Fried, Sesame Ginger Dressing (Packet), Wonton Strips (Packet)

**Wonton Noodles:** Enriched flour (wheat flour, enzyme, niacine, reduced iron, thiamin, mononitrate, riboflavin, folic acid), vegetable oil (soybean and/or cottonseed oil), water, cornstarch, salt, sodium benzoate (preservative). **Contains: Wheat. Packaged in a facility that also packages Tree Nuts.**

**Ginger Dressing not included, per nutrient panel on dressing packet.**

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