



Mini Chef Salad

Nutrition Facts	
Serving Size 1 salad (126.00g/4.4oz)	
Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	12%
Cholesterol 105mg	34%
Sodium 360mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	4%
Sugars 2g	
Protein 9g	
Vitamin A 10%	• Vitamin C 4%
Calcium 8%	• Iron 4%
* 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: **Lettuce Mix:** (chopped lettuce, romaine, carrots, radish, red cabbage), **Turkey:** (Turkey breast meat, turkey broth, salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring), **Shredded Mild Cheddar and Monterey Jack Cheese:** (Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Powdered Cellulose added to prevent caking, Natamycin (A natural mold inhibitor)), **Ham:** Water Added (cured with water, salt, dextrose, potassium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite), Egg.

Contains: Milk, Egg, may contain soy