



Garden Salad

Nutrition Facts	
Serving Size 1 salad (217.00g/7.7oz)	
Amount Per Serving	
Calories 140	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	27%
Cholesterol 90mg	30%
Sodium 180mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 9g	
Vitamin A 25%	• Vitamin C 10%
Calcium 20%	• Iron 6%
* 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), **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)), Egg, Cherry Tomato.

Contains: Milk, Egg, may contain soy