

# AK Side Salad (11/2016)

<b>N u t r i t i o n F a c t s</b>	
Serving Size 1 salad (113.00g/4oz)	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>6%</b>
Saturated Fat 2.5g	11%
<b>Cholesterol 10mg</b>	<b>4%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber less than 1g	4%
Sugars less than 1g	
<b>Protein 4g</b>	
<b>Vitamin A 50%</b>	• <b>Vitamin C 40%</b>
<b>Calcium 10%</b>	• <b>Iron 6%</b>
* 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 Blend:** Romaine & Iceberg Lettuce, Red Cabbage and Carrots. **Cheddar Cheese:** Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto (Color) and Cellulose (To Prevent Caking). **Cherry Tomato.**  
**Contains: Milk.**