

AK Chef Salad (11/2016)

N u t r i t i o n F a c t s	
Serving Size 1 salad (295.00g/10.4oz)	
Amount Per Serving	
Calories 240	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 8g	40%
Trans Fat 0.5g	
Cholesterol 130mg	43%
Sodium 670mg	28%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 18g	
Vitamin A 110%	• Vitamin C 80%
Calcium 35%	• 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 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). **Ham:** 36% of Weight is Added Ingredients Cured With Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. **Turkey:** with Broth Ingredients: Turkey Breast Meat, Water, Salt, Sugar, Modified Cornstarch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. **Egg:** Hard Cooked Eggs. **Cherry Tomato.**
Contains: Milk, Egg.