

Nutrition Facts

Per (164 g)

Calories 390

% Daily Value*

Fat 33 g 44 %
Saturated 8 g 38 %
+ Trans 0 g

Carbohydrate 12 g
Fibre 3 g 10 %
Sugars 3 g 3 %

Protein 11 g

Cholesterol 35 mg

Sodium 1000 mg 43 %

Potassium 300 mg 6 %

Calcium 250 mg 19 %

Iron 1.75 mg 10 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Lettuce, cos or romaine, Salad dressing, caesar dressing, regular, Cheese, parmesan, shredded, Croutons, seasoned, Lemon, raw, without peel, Pork, cured, bacon, cooked, microwaved

Contains: Milk, Egg, Fish, Mustard