

Nutrition Facts

Per (389 g)

Calories 660

% Daily Value*

Fat 44 g 58 %
Saturated 12 g 61 %
+ Trans 0 g

Carbohydrate 23 g
Fibre 5 g 20 %
Sugars 5 g 5 %

Protein 45 g

Cholesterol 130 mg

Sodium 1530 mg 66 %

Potassium 1000 mg 21 %

Calcium 500 mg 38 %

Iron 4 mg 21 %

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

Ingredients: Lettuce, cos or romaine, Chicken, broiler, breast, skinless, boneless, meat, grilled, Salad dressing, caesar dressing, regular, Cheese, parmesan, shredded, Tomato, red, ripe, raw, year round average, Croutons, seasoned, Spinach, raw, Pork, cured, bacon, cooked, microwaved, Lemon, raw, without peel

Contains: Milk, Egg, Fish, Mustard