

NUTRITION FACTS

Serving Size: 6 inch Light Chicken Salad

SERVINGS: 1

Amount Per Serving

Calories 320 **Calories From Fat 30**

% Daily Value

Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrates 60g	20%
Dietary Fiver 5g	22%
Sugars 2g	
Protein 11g	22%

Vitamin A 7% **Vitamin C 30%**

Calcium 2% **Iron 26%**

**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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4