

Date: 1/18/2024  
Time: 3:05 PM



# salad, Nelson Chicken Salad

NAMA



## Author

**Categories** Catering menus 2008, Rozzelle, Salad

## Tools

## Locations

## Plate/Store

|                     |   |    |               |
|---------------------|---|----|---------------|
| <b>Yield</b>        | 1 | ea | <b>Prep</b>   |
| <b>Portion</b>      | 1 | ea | <b>Cook</b>   |
| <b>Num Portions</b> | 1 |    | <b>Finish</b> |
|                     |   |    | <b>Shelf</b>  |

## Nutrition Facts

Serving Size 1.00 ea

Servings Per Container 1

Amount Per Serving

**Calories 622** Calories From Fat 398

% Daily Value

**Total Fat 44g** 66%

Saturated Fat 8g 35%

Trans Fat 0g

**Cholesterol 121mg** 40%

**Sodium 394mg** 16%

**Total Carbohydrates 33g** 11%

Dietary Fiber 4g 16%

Sugars 6g

**Protein 29g**

Vitamin A 110% Vitamin C 102%

Calcium 7% Iron 22%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition Descriptors

High in Vitamin A  
High in Vitamin C  
High in Potassium  
High in Iron  
High in Protein  
Good Source of Carbohydrates  
Good Source of Fiber