

Date: 1/19/2024
Time: 5:00 PM



sandwich, nelson chicken salad

NAMA



Author

Categories winter 2006

Tools

Locations

Plate/Store

Yield	1	ea	Prep
Portion	1	ea	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	1.00 ea
Servings Per Container	1
Amount Per Serving	
Calories 903	Calories From Fat 403
% Daily Value	
Total Fat 45g	67%
Saturated Fat 14g	61%
Trans Fat 0g	
Cholesterol 173mg	58%
Sodium 2360mg	98%
Total Carbohydrates 84g	28%
Dietary Fiber 5g	23%
Sugars 15g	
Protein 46g	
Vitamin A 52%	Vitamin C 14%
Calcium 9%	Iron 18%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

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