

Chicken Salad

Nutrition Facts

Serving Size: 1 (227g)

Servings Per Container: 1

Amount Per Serving

Calories 340 Calories from Fat 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 130mg **43%**

Sodium 105mg **4%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 18g

Protein 30g

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 8%

* 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
Sat 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

INGREDIENTS: CHICKEN, NONFAT GREEK YOGURT (NONFAT YOGURT (CULTURED PASTEURIZED NONFAT MILK), LIVE AND ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI), DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ONION, CELERY, PECANS, RED WINE VINEGAR

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