

SALAD, CHICKEN

Nutritional Facts			
Serving Size: 105.00 g (105g)			
Servings Per Container			
Amount per Serving			
Calories: 260			Calories from Fat: 200
			% Daily Value *
Total Fat: 22g			33%
Saturated Fat: 4.5g			24%
Trans Fat: 0g			
Cholesterol: 50mg			17%
Sodium: 530mg			22%
Total Carbohydrate: 9g			3%
Dietary Fiber: 1g			4%
Sugars: 5g			
Protein 11g			
Vitamin A: 2%			
Vitamin C: 2%			
Calcium: 2%			
Iron: 4%			
* 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Additional Description:

THIS CLASSIC CHICKEN SALAD IS LOADED WITH TENDER CHUNKS OF FULLY COOKED CHICKEN MEAT, SWEET PICKLES, CRUNCHY CELERY AND ONIONS, AND SWATHED IN CREAMY WHIPPED SALAD DRESSING.

Ingredients:

COOKED CHICKEN (DARK MEAT CHICKEN, WHITE MEAT CHICKEN, WATER, WHEY PROTEIN CONCENTRATE [MILK], SALT), CELERY, MAYONNAISE (SOYBEAN OIL, WATER, EGG YOLKS, VINEGAR, CORN SYRUP, SALT, SPICE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), CHICKEN BROTH (WATER, CHICKEN INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, SUGAR, YEAST EXTRACT, MALTODEXTRIN, DRIED WHEY, FLAVOR, TURMERIC), SWEET PICKLES (CURED CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, WATER, VINEGAR, SALT, MODIFIED TAPIOCA STARCH, XANTHAN GUM, SODIUM BENZOATE, NATURAL FLAVOR, CALCIUM CHLORIDE), SUGAR, BREAD CRUMBS (WHEAT FLOUR, YEAST, SUGAR, SALT), DEHYDRATED ONION, PHOSPHORIC ACID, MODIFIED CORN STARCH, DRIED YEAST, SPICE, MALTODEXTRIN, CULTURED DEXTROSE, SALT, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE TO PROTECT FLAVOR, SODIUM DIACETATE, DRIED DILL, EGG WHITE LYSOZYME, NISIN PREPARATION.

Allergens

Allergen	Does Not Contain	Contains	May Contain	No Data
Crustacean				✓
Eggs		✓		
Fish				✓
Gluten		✓		
Milk				✓
Peanuts				✓
Soy				✓
Tree Nuts				✓
Wheat		✓		

Product Description: White Whole Grain Cluster Barbs

Label Description Nickles Whole Grain White Sandwich Buns

Kosher: Pareve

Allergens: wheat, soy

Ingredients:

Enriched Wheat Flour (Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Whole White Wheat Flour, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Inulin, Salt, Soy Fiber, Nutrient Blend (Tricalcium Phosphate, Magnesium Oxide, Maltodextrin, Zinc Oxide, Niacin, Reduced Iron, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Vitamin B12), Monoglycerides, Calcium Carbonate, Vitamin D3, Calcium Stearoyl Lactylate, Calcium Propionate (preservative), Grain Vinegar, Soy Flour, Calcium Sulfate, Monocalcium Phosphate, Ethoxylated Mono- and Diglycerides, Soy Lecithin, sesame seeds, *if seeded*.

Nutrition facts:

Serving size: 1 bun

Nutrient	Values	Unit	%DailyValue
Calories	120	Kcal	
Calories From Fat	15	kcal	
Total Fat	1.5	g	2%
Saturated Fat	0	g	0%
Trans Fat	0	g	
Polyunsaturated Fat	1	g	
Monounsaturated Fat	0	g	

Cholesterol	0	mg	0%
Sodium	220	mg	9%
Potassium	0	mg	0%
Total Carbohydrate	22	g	7%
Dietary Fiber	3	g	12%
Sugars	3	g	
Protein	4	g	
Vitamin A	0		0%
Vitamin C	0		0%
Calcium	36.08	mg	20%
Iron	1.83	mg	10%
Vitamin D	75	IU	20%
Thiamin	0.18	mg	15%
Riboflavin	0.12	mg	10%
Niacin	1.41	mcg	10%
Folate	28.02	mcg	15%