

Asian Crunch Salad

One (1) – 13 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 13 oz.

Calories 670 **Calories from Fat** 330

	Amount	% Daily Value
Total Fat	36g	56%
Saturated Fat	7g	33%
Trans Fat	0g	
Polyunsaturated Fat	3g	
Monounsaturated Fat	4.5g	
Cholesterol	75mg	26%
Sodium	860mg	36%
Total Carbohydrate	52g	17%
Dietary Fiber	5g	19%
Sugars	18g	
Protein	35g	70%
Vitamin A		45%
Vitamin C		80%
Calcium		15%
Iron		25%

**Percent Daily Values are based on a 2,000 calorie diet*

Ingredients (per menu item)	Cal	Fat	Carbs
3 oz. Romaine Lettuce	15.0	0.0g	3.0g
1/2 oz. Rice Noodles	49.7	0.0g	12.2g
1/2 oz. Peanuts	80.3	7.0g	2.3g
3 oz. Cabbage Crunch	21.3	0.1g	4.9g
3 oz. Chicken	140.3	3.0g	0.0g
2-1/2 oz. Asian Dressing	295.3	26.0g	14.2g
1 oz. Wonton Crisps	73.0	0.2g	15.0g

S A U L G O O D

Restaurant & Pub