

# Strawberry Salad

One (1) – 13 oz. serving

## NUTRITIONAL INFORMATION

Per Serving / 13 oz.

**Calories** 740    **Calories from Fat** 420

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	47g	72%
<b>Saturated Fat</b>	8g	39%
Trans Fat	0g	
Polyunsaturated Fat	6g	
Monounsaturated Fat	31g	
<b>Cholesterol</b>	15mg	4%
<b>Sodium</b>	620mg	26%
<b>Total Carbohydrate</b>	73g	24%
Dietary Fiber	7g	29%
Sugars	39g	
<b>Protein</b>	13g	25%
<b>Vitamin A</b>		70%
<b>Vitamin C</b>		120%
<b>Calcium</b>		20%
<b>Iron</b>		25%

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

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<b>Ingredients (per menu item)</b>	<b>Cal</b>	<b>Fat</b>	<b>Carbs</b>
3 oz. Romaine Lettuce	15.0	0.0g	3.0g
1/4 oz. Scallions	2.3	0.0g	0.5g
1-1/2 oz. Green Grapes	29.3	0.1g	7.7g
3/4 oz. Almonds	122.2	10.5g	4.6g
1 oz. Spring Lettuce Mix	5.0	0.0g	1.3g
2-1/2 oz. Strawberry	24.1	0.0g	5.3g
3 oz. Poppyseed Dressing	361.2	30.8g	22.7g
1/2 oz. Sour Cream	28.3	2.4g	0.9g
2 oz. Cheese Bead Stick	155.2	2.9g	26.7g

**S A U L G O O D**

*Restaurant & Pub*