

Beet & Goat Cheese Salad

One (1) – 15 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 15 oz.

Calories 620 **Calories from Fat** 450

	Amount	% Daily Value
Total Fat	50g	77%
Saturated Fat	10g	48%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	630mg	26%
Total Carbohydrate	33g	11%
Dietary Fiber	8g	34%
Sugars	22g	
Protein	12g	25%
Vitamin A		90%
Vitamin C		100%
Calcium		15%
Iron		20%

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

Ingredients (per menu item)	Cal	Fat	Carbs
3 1/2 oz. Romaine Lettuce	17.5	0.0g	3.5g
1 1/2 oz. Field Greens	7.5	0.0g	2.0g
2 oz. Beets	24.4	0.1g	5.4g
2 oz. Golden Beets	24.4	0.1g	5.4g
2 oz. Orange Segments	26.6	0.1g	6.7g
1 oz. Goat Cheese	76.0	6.0g	0.3g
1/2 oz. Almonds	81.5	7.0g	3.1g
1/3 c. Tarragon Dressing	358.1	36.6g	6.6g

S A U L G O O D

Restaurant & Pub