

# Chopped Cobb Salad

One (1) – Serving (total menu item: 16 oz.)

## NUTRITIONAL INFORMATION

Per Serving / 16 oz.

**Calories** 1105.85    **Calories from Fat** 751.24

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	83.24 g	81%
<b>Saturated Fat</b>	25.37 g	67%
Trans Fat	1.37 g	
Polyunsaturated Fat	2 g	
Monounsaturated Fat	10 g	
<b>Cholesterol</b>	386.77 mg	59%
<b>Sodium</b>	2827.48 mg	123%
<b>Total Carbohydrate</b>	34.92 g	12%
Dietary Fiber	5.84 g	20%
Sugars	6.75 g	
<b>Protein</b>	53.78 g	89%
<b>Vitamin A</b>	354.34 g	80%
<b>Vitamin C</b>	5.40 g	70%
<b>Calcium</b>	227.35 g	30%
<b>Iron</b>	2.52 g	20%

*\*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>
1 oz. Maple Pepper Bacon	141.8	11.8 g	0.0 g
4 1/2 oz. Romaine Lettuce	22.5	0.0 g	4.5 g
1 oz. Bleu Cheese Crumbles	101.2	8.1 g	1.8 g
1 1/2 oz. Cucumber	6.4	0.0 g	1.3 g
1 Egg	101.4	6.8 g	.05 g
1 1/2 oz. Avocado	10.0	6.6 g	3.7 g
1 1/2 oz. Ranch Dressing	170.1	17 g	4.3 g
1/2 oz. Grain Mustard	14.2	0.0 g	2.8 g
1 1/2 oz. Tomato	10.1	.1 g	2.0 g
3 oz. Turkey	85.1	.09 g	1.9 g
1 oz. Crouton	141.7	6.1 g	16.2 g
2 oz. Cheese Bread Stick	155.2	2.9 g	26.7 g

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

*Restaurant & Pub*