

Charlie's
DELIVERED FRESH DAILY



SOUTHWEST SALAD
includes BBQ Ranch Dressing
Net Wt. 12oz (340gram)

KEEP REFRIGERATED

Best By: 03/29/22



INGREDIENTS: SALAD MIX (ROMAINE, LETTUCE, ICEBERG LETTUCE, RED CABBAGE, SHREDDED CARROT), BBQ RANCH DRESSING (WATER, BUTTERMILK [CULTURED PASTEURIZED SKIM MILK AND MILK, SODIUM CITRATE AND SALT], SOYBEAN OIL, TOMATO PASTE, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS LESS THAN 2% OF MOLASSES NATURAL FLAVORS, EGG YOLK, MUSTARD BRAN, SPICES, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE [AS PRESERVATIVES], GARLIC*, PARSLEY*, ONION, CITRIC ACID, LACTIC ACID, CORN SYRUP DIPHOSPHATE, SODIUM GUANYLATE, AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, CELERY SEED, TAMARIND), DICED CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, CULTURED SUGAR AND VINEGAR, POTATO STARCH, SEA SALT, NATURAL FLAVORINGS, PICO DE GALLO (TOMATO, ONION, JALAPEÑO, CILANTRO), CHEDDAR JACK CHEESE (CHEDDAR AND MONTEREY JACK CHEESES [CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO], VEGETABLE COLOR IN CHEDDAR CHEESE), POTATO STARCH ADDED TO PREVENT CAKING, NATAMYCIN [MOLD INHIBITOR]), TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SALT), *DEHYDRATED EGG MILK

CONTAINS: EGG, MILK

Produced by: Charlie's Produce
9401 King St. Anchorage, AK 99515
Country of Origin USA

Nutrition Facts

About 3 servings servings per container

Serving size 1 Cup (102g/3.6oz)

	Per serving	Per container
Calories	140	470
	% DV*	% DV*
Total Fat	9g 11%	29g 37%
Saturated Fat	2.5g 12%	8g 40%
Trans Fat	0g	0g
Cholesterol	20mg 7%	65mg 22%
Sodium	420mg 18%	1400mg 61%
Total Carb.	5g 2%	20g 7%
Dietary Fiber	1g 5%	5g 17%
Total Sugars	4g	13g
Incl. Added Sugars	2g 5%	8g 16%
Protein	6g	21g
Vitamin D	75mcg 380%	251mcg 1260%
Calcium	89mg 6%	295mg 25%
Iron	1mg 6%	3mg 25%
Potassium	284mg 6%	875mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used to generate these percentages.



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Charlie's
DELIVERED FRESH DAILY



CHICKEN BLT SALAD
with WHITE MEAT CHICKEN
with BBQ Ranch Dressing Packet
Best By: 03/29/22

Net Wt. 12oz (340gram)
KEEP

REFRIGERATED

CONTAINS: EGG, MILK, WHEAT



INGREDIENTS: ROMAINE LETTUCE, BBQ RANCH DRESSING (WATER, BUTTERMILK [CULTURED PASTEURIZED SKIM MILK AND MILK, SODIUM CITRATE AND SALT], SOYBEAN OIL, TOMATO PASTE, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS LESS THAN 2% OF MOLASSES NATURAL FLAVORS, EGG YOLK, MUSTARD BRAN, SPICES, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE [AS PRESERVATIVES], GARLIC*, PARSLEY*, ONION*, CITRIC ACID, LACTIC ACID, CORN SYRUP DIPHOSPHATE, SODIUM GUANYLATE, AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, CELERY SEED, TAMARIND.), DICED CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, CULTURED SUGAR AND VINEGAR, POTATO STARCH, SEA SALT, NATURAL FLAVORINGS), PICKLED TOMATOES, RED ONION, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR, POTATO STARCH, CORN STARCH, CELLULOSE POWDER ADDED TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), SEASONED CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], CANOLA OIL AND/OR SUNFLOWER OIL [WITH ROSEMARY EXTRACT AND ASCORBIC ACID [TO PRESERVE FRESHNESS]], SALT, SUGAR, YEAST, 2% OR LESS OF MALTODEXTRIN, GARLIC POWDER, WHEY, PARMESAN CHEESE [PART-SKIM MILK CHEESE] CULTURE, SALT, ENZYME), ONION POWDER, SPICES, DEHYDRATED PARSLEY, TORULA YEAST, CULTURED WHEY, CITRIC ACID, NATURAL FLAVORS, CREAM, EXTRACTIVE OF ANNATTO (COLOR), TURMERIC (COLOR), ENZYMES), BACON BITS (BACON CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), *DEHYDRATED

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9401 King St. Anchorage, AK 99515
Country of Origin USA

Nutrition Facts

About 3 servings servings per container

Serving size 1 Cup (102g/3.6oz)

	Per serving	Per container
Calories	130	430
	% DV*	% DV*
Total Fat	8g 10%	25g 32%
Saturated Fat	2g 11%	7g 36%
Trans Fat	0g	0g
Cholesterol	20mg 7%	70mg 23%
Sodium	500mg 22%	1680mg 72%
Total Carb.	8g 3%	31g 11%
Dietary Fiber	1g 5%	4g 15%
Total Sugars	4g	14g
Incl. Added Sugars	2g 5%	8g 16%
Protein	7g	23g
Vitamin D	11mcg 6%	4mcg 20%
Calcium	55mg 4%	183mg 15%
Iron	1mg 6%	4mg 25%
Potassium	292mg 6%	973mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used to generate these percentages.



rition Facts
servings per container
g size 1 cup (102g)

Per serving		Per container	
130		390	
Calories		Calories	
% DV*	10%	% DV*	25%
Total Fat	1g	Total Fat	2g
% DV*	5%	% DV*	18%
Sodium	55mg	Sodium	10mg
% DV*	3%	% DV*	12%
Total Sugar	13%	Total Sugar	13%
% DV*	4%	% DV*	13%
Total Protein	7g	Total Protein	25%
% DV*	6%	% DV*	22%
Total Fat	1g	Total Fat	2g
% DV*	2%	% DV*	6%
Total Sugar	5mg	Total Sugar	25%
% DV*	6%	% DV*	20%
Total Protein	4g	Total Protein	12g

INGREDIENTS: ASIAN INSPIRED SLAW (GREEN CABBAGE, CELERY, NAPA CABBAGE, GREEN ONION, RED CABBAGE, CARROT), PEANUT DRESSING (PEANUT BUTTER, ROASTED PEANUTS, SUGAR AND/OR DEXTROSE, HYDROGENATED VEGETABLE OIL, RAPESEED, COTTONSEED, SOYBEAN), AND/OR PALM OIL, SALT), RICE VINEGAR, SUGAR, CORN SYRUP, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE (PRESERVATIVE)), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, SALT, HONEY, DRIED RED CHILI PEPPER, CILANTRO, XANTHAN GUM, PAPRIKA, CAYENNE PEPPER, WHITE MEAT CHICKEN (CHICKEN BREAST MEAT WITH ORB MEAT, WATER, CULTURED SUGAR, CULTURED VINEGAR, POTATO STARCH, SEA SALT, NATURAL FLAVORINGS), ROMAINE LETTUCE, CUCUMBER, PEANUTS, RED BELL PEPPER, WONTON STRIPS (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RBG FLAVIN, FOLIC ACID, ENZYMES), SOYBEAN OIL, CORNSTARCH, SALT, SODIUM BENZOATE (PRESERVATIVE)).

CONTAINS: PEANUT, SOY, WHEAT.
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THAI
Style Salad
with White
Meat Chicken



PER 1 CUP
130 CALORIES
1g SAT FAT
290mg SODIUM
5g TOTAL SUGARS



THAI
Style Salad
with White
Meat Chicken

Asian Inspired Slaw, White Meat Chicken, Romaine, Cucumber, Peanuts, Red Bell Pepper, and Wonton Strips with Peanut Dressing

NET WT 11 OZ (312 g)

PERISHABLE
KEEP REFRIGERATED