



KOWALSKI'S
MARKETS

Keep Refrigerated

**ITALIAN STEAKHOUSE
COBB SALAD**

Net Wt. 14oz (397g)



KOWALSKI'S

ITALIAN STEAKHOUSE COBB SALAD 14oz (397g)

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	Total Fat 21g	27%	Total Carb. 12g	5%
Sal. Fat 4.5g	24%	Fiber 2g	8%	
1 serving per container	Trans Fat 0g	Total Sugars 4g		
Serv. Size 14 oz (397g)	Cholest. 80mg	26%	Incl. 1g Added Sugars	1%
Calories 290 per serving	Sodium 1060mg	46%	Protein 12g	
Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1.9mg 10% Potassium 20mg 0%				

INGREDIENTS: Romaine Lettuce, Grape Tomato, Greek Olives (Kalamata), Gorgonzola Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [To prevent caking], Natamycin [To protect flavor]), Red Onion, Dry Cured Prosciutto, Hard Cooked Egg, Sunflower Seeds (Sunflower Kernels, Peanut Oil and/or Sunflower Oil, Cottonseed Oil and/or Soybean Oil and/or Canola Oil).

CONTAINS: Egg, Milk, Soy

Packed & Distributed by J&J Distributing 653 Rice St.
St Paul Mn 55103 www.jjdst.com





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**SICILIAN CHOPPED
SALAD**

Net Wt. 14oz (397g)



KOWALSKI'S
SICILIAN CHOPPED SALAD 14oz (397g)

**Nutrition
Facts**

1 serving per container

Serv. Size
14 oz (397g)

Calories 300
per serving

Sat. Fat Cal. 45

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 20g	25%	Sodium 920mg	40%
Sat. Fat 5g	25%	Total Carb. 12g	4%
Trans Fat 0g		Fiber 2g	9%
Monounsat. Fat 6g		Total Sugars 4g	
Polyunsat. Fat 4g		Incl. 1g Added Sugars	1%
Cholest. 25mg	8%	Protein 13g	
Vitamin D 0mcg 0% • Calcium 250mg 20% • Iron 4.2mg 25%			
Potassium 210mg 4% • Vitamin A 1910mcg 210% • Vitamin C 13mg 15%			

INGREDIENTS: ROMAINE LETTUCE, GRAPE TOMATO, GARBANZO BEANS (GARBANZO BEANS, WATER, SALT), RADICCHIO, HARD SALAMI (BEEF AND PORK, SALT, DEXTROSE, SPICES, SODIUM ASCORBATE, SODIUM NITRITE, GARLIC POWDER, BHA, BHT, CITRIC ACID [ADDED TO PROTECT FLAVOR]), PROVOLONE CHEESE: (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), GREEK OLIVES (KALAMATA), RED ONION, SEEDS SUNFLOWER.

CONTAINS: milk

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