



Chef Salad

Nutrition Facts

Serving Size 1 Bowl (220g)

Amount Per Serving

Calories 270 Calories from Fat 190

% Daily Value*

Total Fat 21g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 880mg	37%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 12g	23%
Vitamin A 15%	Vitamin C 15%
Calcium 15%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ICEBERG LETTUCE, RANCH DRESSING (CANOLA OIL, NON FAT BUTTERMILK, WHEY WATER, SKIM MILK POWDER, CORN STARCH, TAPIOCA STARCH, CARBAGEENAN, LOCUST BEAN GUM, CULTURE), WATER, MALTODEXTRIN, WHITE WINE VINEGAR, EGG YOLK, SALT, SUGAR, BUTTERMILK POWDER, DISTILLED VINEGAR, SEASONING BLEND (SALT, MALTODEXTRIN, MODIFIED CORN STARCH, DRIED ONION, DRIED GARLIC, AUTOLYZED YEAST EXTRACT, NATURAL FLAVOR, SPICE, PARSLEY, GUAR GUM), SODIUM CITRATE, DEXTROSE, JANTHAN GUM, BUTTER (CREAM, SALT, DRIED GARLIC, DRIED ONION, SPICES, MUSTARD FLOUR, NATURAL FLAVORS, MODIFIED CORN STARCH, SMOKED TURKEY BREAST (CURED WITH WATER, CONTAINS 2% OR LESS OF SALT, DEXTROSE, MODIFIED CORN STARCH, SODIUM LACTATE, SODIUM PHOSPHATE, CARBAGEENAN, NATURAL FLAVORING, SODIUM DIACETATE, NATURAL MESQUITE SMOKE FLAVOR, ASCORBIC ACID, SODIUM NITRITE, CITRIC ACID), SMOKED HAM WATER ADDED (CURED WITH WATER, SUGAR, CONTAINS 2% OR LESS OF SALT, SODIUM LACTATE, SODIUM PHOSPHATES, FLAVORING, SODIUM DIACETATE, SODIUM ERYTHROBATE, SODIUM NITRITE), SWISS CHEESE (SWISS CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR)).
CONTAINS: EGG, MILK.



Made without gluten-containing ingredients.

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Café Bowl

CHEF SALAD

ICEBERG LETTUCE, SMOKED TURKEY AND HAM, SWISS CHEESE, AND CREAMY RANCH DRESSING



PER 1 CUP
120
CALORIES

2g
SAT FAT
10% DV

400mg
SODIUM
17% DV

2g
TOTAL SUGARS

NET WT 7.75 OZ
(220g)

USE BY:

Blank space for use-by date

101601

CHEF SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 9g	12%	Total Carb. 5g	2%
about 2 servings per container	Sat, Fat 2g	10%	Fiber 1g	4%
Serv. size 1 cup (100g)	Trans Fat 0g		Total Sugars 2g	
Calories 120 per serving	Cholest. 20mg	7%	Ind. Sugars 0g	0%
	Sodium 400mg	17%	Protein 6g	11%
	Vit. D 0% • Calcium 6% • Iron 2% • Potas. 2%			

INGREDIENTS: ICEBERG LETTUCE, RANCH DRESSING (CANOLA OIL, NON-FAT BUTTERMILK (WHEY) WATER, SKIM MILK POWDER, CORN STARCH, TAPIOCA STARCH, CARBAGEENAN, LOCUST BEAN GUM, CULTURES, WATER, MALTODEXTRIN, WHITE WINE VINEGAR, EGG YOLK, SALT, SUGAR, BUTTERMILK POWDER, DISTILLED VINEGAR, SEASONING BLEND (SALT, MALTODEXTRIN, MODIFIED CORN STARCH, DRIED ONION, DRIED GARLIC, AUTOLYZED YEAST EXTRACT, NATURAL FLAVOR, SPICE, PARSLEY, GUAR GUM), SODIUM CITRATE, DEXTROSE, XANTHAN GUM, BUTTER (CREAM, SALT), DRIED GARLIC, DRIED ONION SPICES, MUSTARD FLOUR, NATURAL FLAVORS, MODIFIED CORN STARCH), SMOKED TURKEY BREAST (CURED WITH WATER, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, MODIFIED CORN STARCH, SODIUM LACTATE, SODIUM PHOSPHATE, CARBAGEENAN, NATURAL FLAVORING, SODIUM ACETATE, NATURAL MESQUITE SMOKE FLAVOR, ASCORBIC ACID, SODIUM METABISULFITE, CITRIC ACID), SMOKED HAM WATER ADDED (CURED WITH WATER, SUGAR, CONTAINS 2% OR LESS OF: SALT, SODIUM LACTATE, SODIUM PHOSPHATES, FLAVORING, SODIUM ACETATE, SODIUM ERYTHROBATE, SODIUM NITRITE), SWISS CHEESE (SWISS CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CLUMPING), NATAMYCIN (A NATURAL MOLD INHIBITOR)). CONTAINS: EGG, MILK.



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CHEF SALAD

Nutrition Facts	Amount/serving		Amount/serving	
		% DV		% DV
About 2 servings per container	Total Fat 9g	12%	Total Carb. 5g	2%
	Sat. Fat 2g	10%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 2g	
Serving size 1 Cup (100g)	Cholesterol 20mg	7%	Incl. 1g Added Sugars	2%
Calories per serving 120	Sodium 400mg	17%	Protein 6g	11%
Vitamin D 0% • Calcium 6% • Iron 2% • Potassium 2%				

INGREDIENTS: ICEBERG LETTUCE, RANCH DRESSING (CANOLA OIL, NON FAT BUTTERMILK (WHEY, WATER, SKIM MILK POWDER, CORN STARCH, TAPIOCA STARCH, CARRAGEENAN, LOCUST BEAN GUM, CULTURE), WATER, MALTODEXTRIN, WHITE WINE VINEGAR, EGG YOLK, SALT, SUGAR, BUTTERMILK POWDER, DISTILLED VINEGAR, SEASONING BLEND (SALT, MALTODEXTRIN, MODIFIED CORN STARCH, DRIED ONION, DRIED GARLIC, AUTOLYZED YEAST EXTRACT, NATURAL FLAVOR, SPICE, PARSLEY, GUAR GUM), SODIUM CITRATE, DEXTROSE, XANTHAN GUM, BUTTER (CREAM, SALT), DRIED GARLIC, DRIED ONION, SPICES, MUSTARD FLOUR, NATURAL FLAVORS, MODIFIED CORN STARCH), **SMOKED TURKEY BREAST** (CURED WITH WATER, CONTAINS 2% OR LESS OF SALT, DEXTROSE, MODIFIED CORN STARCH, SODIUM LACTATE, SODIUM PHOSPHATE, CARRAGEENAN, NATURAL FLAVORING), SODIUM DIACETATE, NATURAL MESQUITE SMOKE FLAVOR, ASCORBIC ACID, SODIUM NITRITE, CITRIC ACID), **SMOKED HAM WATER ADDED** (CURED WITH WATER, SUGAR, CONTAINS 2% OR LESS OF SALT, SODIUM LACTATE, SODIUM PHOSPHATES, FLAVORING, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), **SWISS CHEESE** (SWISS CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (MOLD INHIBITOR)).
CONTAINS: EGGS, MILK.

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