

*Chef Salad With Ham
(Water Added) And Turkey*

Sell by 12/11/2014
Net Wt. 12.5 oz (354g)



PERISHABLE. KEEP REFRIGERATED

Chef Salad With Ham (Water Added) And Turkey

Nutrition Facts

Serving Size 1 Salad (354g)
 Servings Per Container 1

Amount Per Serving

Calories 480 Calories from Fat 330

% Daily Value*

Total Fat 36g 68%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 165mg 68%

Sodium 1120mg 50%

Total Carbohydrate 15g 8%

Dietary Fiber 3g 12%

Sugars 8g

Protein 25g

Vitamin A 130% • Vitamin C 15%

Calcium 30% • Iron 10%

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

	Calories	2,000	2,800
Total Fat	Less than	80g	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

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

INGREDIENTS: Romaine Lettuce, Iceberg Lettuce, Home-style Ranch Dressing (canola oil, low fat buttermilk [skim milk, whey, water, skim milk solids, whey solids, corn starch, tapioca starch, disodium phosphate, carrageenan gum, locust bean gum, culture], water, egg yolk, non-fat sour cream [cultured skim milk, corn starch, tapioca starch, carrageenan gum, locust bean gum], distilled vinegar, salt, natural flavor, sugar, dried garlic, dried onion, spices, modified corn starch, dried green onion, lactic acid, xanthan gum, guar gum), Honey Cured Ham-Water added- Slow Smoked (cured with: water, honey, sugar, salt, sodium phosphate, sodium erythorbate, sodium nitrite), Honey Turkey Breast (turkey breast meat, turkey broth, honey, sugar, salt, sodium phosphate, sodium erythorbate, sodium nitrite), Hard Cooked Egg (eggs, water, citric acid, sodium benzoate [as a preservative]), Cucumber, Grape Tomatoes, Cheddar Cheese (cultured milk, salt, enzymes, annatto [color]), Swiss Cheese (part-skim milk, cheese culture, salt, enzymes).

CONTAINS: MILK, EGG.

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Produced by Real Foods 8030
 S 228th St. Kent, WA, 98032

