

Date: 1/13/2009  
Time: 11:56 AM



# Salad, Blackened Chicken

Morrisville Auxiliary Corp  
Mustang Alley

**Author**

**Categories**

**Tools**

**Locations** FOG

**Plate/Store**

<b>Yield</b>	1	ea	<b>Prep</b>
<b>Portion</b>	1	ea	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

Nutrition Facts	
Serving Size	1 ea
Servings Per Container	1
Amount Per Serving	
<b>Calories</b> 662	Calories From Fat 405
% Daily Value	
<b>Total Fat</b> 45g	68%
Saturated Fat 15g	65%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 420mg	17%
<b>Total Carbohydrates</b> 28g	9%
Dietary Fiber 8g	37%
<b>Protein</b> 41g	
Vitamin A 41%	Vitamin C 64%
Calcium 50%	Iron 20%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

**Ingredient**

Container, 8x8 clear - large salad

**Reason**

No nutrition information