



4.3



A salad made up of cabbage & kale vegetables are a good choice for a healthful diet because they do not contain cholesterol and are naturally low in calories and sodium.

Chinese Chicken Salad with Dressing

Serving Size 1 Serving **Carbs: 21.50**

Served on Fri, 04/10/2026

Allergens



Corn



Soy



Wheat



Gluten



Egg

Nutrients

Calories	171.77
Carbohydrate (gm)	21.50
Fiber (gm)	2.52
Total Fat (gm)	7.03
Saturated Fat (gm)	1.13
Protein (gm)	14.57

Ingredients

Boneless skinless dark and white chicken water

Natural Flavors rice starch vinegar

yeast extract Green Cabbage and Kale shredded



Disclaimer

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