



3.6  
★★★★☆

## Crunchy Chef Salad PREP

Serving Size 1 serving **Carbs: 15.22**  
Served on Mon, 02/09/2026

### Allergens



Corn



Wheat



Gluten



Tomato



Dairy

### Nutrients

Calories	214.07
Carbohydrate (gm)	15.22
Fiber (gm)	1.68
Total Fat (gm)	9.65
Saturated Fat (gm)	3.07
Total Sugar (g)	0.92
Protein (gm)	18.87



### Disclaimer

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