



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 Wed, 09/21/2022

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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