

Caesar Salad

Number of Servings: 1 (88.93 g per serving)

Ingredient	Comments
Lettuce, romaine, fresh, chpd	
Croutons, classic caesar, generous cut	
Salad Dressing, caesar	Contains: Milk, Egg, Soy, Anchovy
Cheese, parmesan, grated	

Nutrition Facts	
Serving Size About 1 Cup (89g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 130
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 3.5g	18%
Cholesterol 10mg	3%
Sodium 370mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 70%	• Vitamin C 25%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

7/5/2007

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