Nutrition Facts

Serving Size 10.5 oz (298g)  
Servings Per Container 1

Amount Per Serving

**Calories** 366  **Calories From Fat** 221

% Daily Value

- **Total Fat** 25g  37%
- **Saturated Fat** 6g  27%
- **Trans Fat** 0g
- **Cholesterol** 78mg  26%
- **Sodium** 641mg  27%
- **Total Carbohydrates** 12g  4%
- **Dietary Fiber** 3g  14%
- **Sugars** 3g
- **Protein** 26g

**Vitamin A** 92%  **Vitamin C** 72%
**Calcium** 25%  **Iron** 18%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

- High in Vitamin A
- High in Vitamin C
- High in Calcium
- High in Potassium
- High in Protein
- Good Source of Iron
- Good Source of Fiber

Ingredients

Romaine Lettuce, Breast Chicken, Caesar Dressing, Parmesan Cheese, Garlic & Butter Croutons