

## Salad Bar Nutrition for Store-Made Veggie Salads

Product Name	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Includes Added Sugars(g)	Protein (g)	Vitamin D(mcg)	Calcium(mg)	Iron(mg)	Potassium(mg)	Gluten Free Ingred.	Allergens
5 Minute Miracle Slaw	4 oz	130	9	1.5	0	10	480	9	1	6		3	0	97	0	19	Y	Milk
Asparagus Tomato Marinade	4 oz	80	5	0	0	0	220	6	<1	5		2		8	1	110	Y	
Avocado Tomato	4 oz	150	13	1.5	0	0	120	8	4	3	0	2	0	14	0	377	Y	Milk
Balsamic Tomato	4 oz	100	7	3	0	10	140	6	1	4		4	0	111	1	214	Y	Milk
Broccoli Cole Slaw	4 oz	230	17	2.5	0	0	300	16	3	13		2	0	30	1	97	Y	
Brussels Sprout Marinade	4 oz.	210	15	0	0	0	700	15	2	11		2	0	25	1	226	Y	
Cauliflower Peas	4 oz	140	8	2.5	0	10	190	10	3	4		5	0	67	1	207	Y	Milk, Egg
Cilantro Cucumber Tomato	4 oz	90	6	1	0	0	240	9	<1	7	4	<1	0	18	0	197	Y	Milk
Crunchy Chicken Slaw	4 oz	280	16	3.5	0	5	570	27	2	6	5	8	0	26	1	211	N	Wheat, Milk
Fresh Vegetable Marinade	4 oz	110	9	1.5	0	0	130	6	<1	3	1	<1	0	17	0	109	Y	Milk
Garlic Expressions Veggie Marinade	4 oz	130	9	0	0	0	420	11	1	8		1	0	21	0	195	Y	
Garlic Parmesan Mushrooms	4 oz	160	14	2.5	0	5	350	5	<1	3	1	4	0	61	1	264	Y	Milk
Garlic Tomatoes	4 oz	130	10	0	0	0	470	9	1	8		<1		8	0	196	Y	
Green Bean Salad	4 oz	70	3	0	0	0	125	10	3	5		2	0	35	1	208	Y	
Honey Pecan Grape Salad	4 oz.	208	104	12	4	0	10	39	28	2	24	2	0	2	3	198	Y	Milk, Nuts (Pecan)
Italian Salad	4 oz	100	7	2	0	5	210	5	2	2		3	0	84	1	184	Y	Milk
Italian Veg Marinade	4 oz	150	13	2	0	0	210	6	1	3	1	1	0	29	0	195	Y	Milk
Kale Salad	4 oz	120	5	0	0	0	160	15	3	6	2	4	0	92	1	385	Y	
Sweet Italian Lettuce	4 oz	130	9	3.5	0	<5	580	8	1	5	3	5	0	70	1	150	Y	Milk
Tomato Mozzarella	4oz.	154	97	11	5	0	25	118	5	1	3	7	0	15	1	171	Y	Milk, Nuts (Almond)
Tomato Provel	4 oz	120	9	2	0	0	430	7	1	6		3	0	10	0	204	Y	Milk
Poppy Seed Slaw	4 oz	140	9	1.5	0	0	200	13	2	10		<1	0	43	1	7	Y	