

Aloha Salad

5.5 oz.'s lettuce
2 oz.'s dressing
3 oz.'s chicken breast
1 oz.'s cheese
Serving size: Entire recipe
(13.3 oz.'s).

1 oz.'s cranberries dried
sweetened
.25 oz.'s pineapple
.5 oz.'s almond

Amount Per Serving	
Calories	671.25
Calories From Fat (50%)	337.47
	% Daily Value
Total Fat 38.28g	59%
Saturated Fat 10.02g	50%
Cholesterol 106.11mg	35%
Sodium 869.83mg	36%
Potassium 758.5mg	22%
Total Carbohydrates 47g	16%
Fiber 6.7g	27%
Sugar 35.25g	
Protein 38.95g	78%