

## Fiesta Crunch Salad

5.5 oz.'s lettuce

2 oz.'s dressing ranch

3 oz.'s chicken breast

1 oz.'s cheddar cheese grated

Serving size: Entire recipe  
(15.5 oz.'s).

1 oz.'s black beans

1 oz.'s corn canned

1 oz.'s tomato, diced

1 oz.'s tortilla chips

Amount Per Serving	
Calories	772.11
Calories From Fat (57%)	443.95
	% Daily Value
Total Fat 50.13g	77%
Saturated Fat 12.79g	64%
Cholesterol 120.77mg	40%
Sodium 942.35mg	39%
Potassium 948.73mg	27%
Total Carbohydrates 40.83g	14%
Fiber 9g	36%
Sugar 5.67g	
Protein 41.8g	84%