NEW YORK STATE | Office of Mental Health

Reduced Fat Chicken Salad (538)
06/14/2018

Nutrition Facts

Serving Size 1/2 cup (127g)
Servings Per Container : Sold by the lb

Amount Per Serving	
Calories 160	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 490mg	**20%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**5%**
Sugars 1g	
Protein 13g	

Vitamin A 4%	• Vitamin C 2%
Calcium 2%	• 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CHICKEN DICED (Chicken, Water, Rice Starch, Vinegar, Seasoning [Maltodextrin, Yeast Extract, Chicken Stock, Salt and Flavors]), CELERY, LIGHT MAYONNAISE (Water, Soybean Oil, Modified Starch [Corn, Potato]**, Eggs, Sugar, Salt, Vinegar, Lemon Juice, Sorbic Acid** and Calcium Disodium EDTA [Used to protect quality], Natural Flavor, VitaminE [**Ingredient not in Mayonnaise]), ONIONS, LEMON JUICE (Water, Lemon Juice Concentrate, Citric Acid, 1/40 of 1% Sodium Benzoate and 1/40 of 1% Bisulfite as a Preservataive, Lemon Oil), SALT (Salt, Dextrose, Potassium Iodide, Yellow Prussiate of Soda), YELLOW MUSTARD (Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder), BLACK PEPPER
ALLERGEN: Contains Soy, Egg. Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

Order Number: C390538