



Abe's Chicken Salad

Nutrition Facts Report
Source: Custom

Yield: 235.465 (3.500 ounce(s))
No. Ingredients: 10

Category: Basic Food
Manufacturer: (None)

Ingredients

- 40.000 lb. Chicken Breast, Meat Only, Roasted
- 2.000 lb. Almonds, Chopped
- 2.000 item Onions, Chopped
- 4.000 c. Celery Stalk
- 0.500 gal. Mayonnaise with Soybean Oil
- 2.000 lb. Red or Green Grapes, European, Adherent Skin
- 2.000 c. Coriander (Cilantro)
- 1.000 qt. Mayonnaise-type Salad Dressing
- 2.000 T. Table Salt
- 1.000 T. Ground Black Pepper

Nutrition Facts

Serving Size 3.50 ounce(s) (99g)

Amount Per Serving

Calories	222	Calories from Fat	108
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% Daily Value

Total Fat	12.0g		18 %
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Saturated Fat	2.0g		10 %
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Trans Fat	0.0g		
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Cholesterol	69.4mg		23 %
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Sodium	188.9mg		8 %
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Total Carbohydrate	2.9g		1 %
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Dietary Fiber	0.6g		2 %
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Sugars	1.2g		
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Protein	24.9g		
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Vitamin A	1 %	Calcium	2 %
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Vitamin C	1 %	Iron	6 %
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Instructions