

FREESTYLERS CAESAR SALAD MIX 3.5oz

Nutrition Facts	
Serving Size 1 Salad (99g)	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 380mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 6g	
Vitamin A 120% • Vitamin C 4%	
Calcium 10% • Iron 6%	
*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: ROMAINE LETTUCE, LIGHT CAESAR DRESSING (water, soybean oil, romano and parmesan cheese [part skim milk, cheese cultures, salt, enzymes], red wine vinegar, egg yolk, salt, sugar, modified corn starch, distilled vinegar, extra virgin olive oil, dehydrated garlic, lemon juice concentrate, mustard seed, spices, autolyzed yeast extract, xanthan gum, phosphoric acid, anchovies, molasses, caramel, tamarind, natural flavor), CARROT, WHOLE WHEAT CROUTONS (whole wheat flour, water, evaporated cane sugar, wheat gluten, garlic butter seasoning [dehydrated garlic, salt, natural butter flavor, sugar], canola oil, yeast, salt), SHREDDED PARMESAN CHEESE (parmesan [pasteurized milk, salt, bacterial culture, enzymes], potato starch and powdered cellulose [to prevent caking], natamycin [a mold inhibitor]).

Contains Egg, Fish, Milk, Wheat.

Vitamin A - IU: high vitamin A

Folate: good source of folate