

Zesty Italiano Salad Full (without dressing)	
Nutrition Facts	
Serving Size	1 Bowl
Calories	200
Total Fat	14 grams
Cholesterol	38 mg.
Sodium	783 mg.
Total Carbohydrate	9 mg.
Dietary Fiber	3 grams
Sugar	3 grams
Protein	13 grams
Vitamin D	0 mcg.
Calcium	118 mg.
Iron	1 mg.
Potassium	365 mg.
Vitamin A	0 mcg.
Vitamin C	0 mg.
Folate	0 mcgDFE

Zesty Italiano Salad Half (without dressing)	
Nutrition Facts	
Serving Size	1 Bowl
Calories	99.79
Total Fat	7.20 grams
Cholesterol	19.12 mg.
Sodium	391.30 mg.
Total Carbohydrate	4.44 mg.
Dietary Fiber	1.39 grams
Sugar	1.28 grams
Protein	6.46 grams
Vitamin D	0 mcg.
Calcium	58.85 mg.
Iron	0.64 mg.
Potassium	182.71 mg.
Vitamin A	0.00 mcg.
Vitamin C	0.04 mg.
Folate	0 mcgDFE

Ingredients

romaine lettuce, cherry tomato, roasted red pepper, red onion prosciutto, pepperoni, marinated mozzarella balls,