



SUMMER SALAD SANDWICHES

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 9

Category: Basic Food
Manufacturer: (None)

Ingredients

2.000 c. Cantaloupe
1.000 c. Chicken, Meat Only, Stewed
1.000 T. CILANTRO-RAW
2.000 T. Low Fat Plain Yogurt (12 grams protein per 8 ounces)
0.250 t. LAWRY'S Garlic Salt
0.125 t. Ground Red or Cayenne Pepper
2.000 item Cobblestone Mill Plain Bagels
0.250 c. Low Fat Cream Cheese
4.000 pc. Iceberg Lettuce Leaves

Nutrition Facts

Serving Size 1.00 item(s) (198g)

Amount Per Serving

Calories 270 **Calories from Fat** 52

% Daily Value

Total Fat 5.8g 9 %

Saturated Fat 2.4g 12 %

Trans Fat 0.0g

Cholesterol 37.9mg 13 %

Sodium 382.9mg 16 %

Total Carbohydrate 36.9g 12 %

Dietary Fiber 1.8g 7 %

Sugars 10.0g

Protein 17.3g

Vitamin A 58 % Calcium 4 %

Vitamin C 49 % Iron 5 %

Instructions