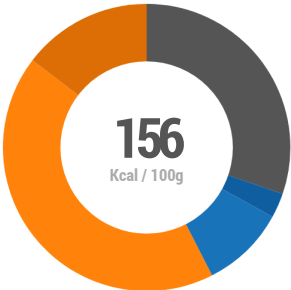


Protein Cesar Salad

By Mauricio Cabrera



CALORIES:

12.2% Carbs

30.2% Protein

57.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 225G SERVING	%RI
Energy(Kj)	651 kJ	8%	1464 kJ	17%
Energy(kcal)	156 kcal	8%	351 kcal	18%
Fat	9.9 g	14%	22 g	31%
of which saturates	2.5 g	13%	5.7 g	29%
Carbohydrate	4.7 g	2%	11 g	4%
of which sugars	1.1 g	1%	2.4 g	3%
Fibre	0.7 g	3%	1.5 g	6%
Protein	12 g	24%	26 g	52%
Salt	0.64 g	11%	1.4 g	23%

CONTAINS:

WHEAT

EGGS

MILK

MAY CONTAIN:

FISH

SESAME

SOYA

INGREDIENT LIST (QUID) ...

Cos Lettuce (31.1%), Smoked Chicken (22.2%), Omega 3 Eggs (22.2%), Caesar Dressing Hellmans (11.1%) (Eggs, Milk), Croutons (8.9%) (Wheat, Milk), Lean Cheese (4.4%) (Milk)

May contain traces of Fish, Sesame, Soya

ALLERGY ADVICE: For allergens, see ingredients in **Bold**