

Flyers Pizza - Salads Nutritional Information

Recipe	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Antipasto Dinner Salad	1	480	250	24g	11g	0g	65mg	1780mg	30g	6g	14g	30g	1.2	0.5	0.45	0.2
BLT Dinner Salad	1	640	360	40g	13g	0g	110mg	2450mg	26g	6g	12g	43g	1.1	0.6	0.1	0
Chef Dinner Salad	1	440	180	23g	10g	0g	255mg	1840mg	28g	6g	15g	41g	1.2	0.5	0.45	0.15
Chef Side Salad	1	220	90	11g	5g	0g	125mg	920mg	14g	3g	7g	21g	0.6	0.25	0.2	0.08
Cobb Dinner Salad	1	550	250	28g	9g	0g	300mg	1890mg	26g	6g	12g	49g	1.2	0.5	0.1	0
Crispy Chicken Dinner Salad	1	610	300	32g	18g	0g	105mg	1230mg	40g	7g	15g	40g	1.3	1.3	0.7	0
Spring Dinner Salad	1	120	0	0g	0g	0g	0mg	45mg	27g	7g	14g	5g	1.2	1.3	0.1	0
Spring Side Salad	1	70	0	0g	0g	0g	0mg	25mg	16g	4g	8g	3g	0.6	0.7	0.06	0