

✓ Barbie-Q Chicken Salad Nutritional Information

🥗 Serving Sizes

Serving Size	Calories	Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)
Small Quick Chick (8 oz)	390 x 2 = 780	30 x 2 = 60g	14 x 2 = 28g	800 x 2 = 1600mg	11 x 2 = 22g
Large Quick Chick (16 oz)	390 x 4 = 1560	30 x 4 = 120g	14 x 4 = 56g	800 x 4 = 3200mg	11 x 4 = 44g

📊 Nutritional Breakdown (Per 4 oz “Scoop”)

Nutrient	Amount
Calories	390
Calories from Fat	270
Total Fat (g)	30
Saturated Fat (g)	6
Trans Fat (g)	0
Cholesterol (mg)	65
Sodium (mg)	800
Total Carbs (g)	11
Dietary Fiber (g)	0
Total Sugars (g)	6
Protein (g)	14

💰 Large Quick Chick - Barbie-Q = \$12.99

📦 (Typically contains 16 oz / 4 scoops of chicken salad)