

✓ Classic Carol Chicken Salad Nutritional Information

🥗 Serving Sizes

Serving Size	Calories	Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)
Small Quick Chick (8 oz)	400 x 2 = 800	35 x 2 = 70g	16 x 2 = 32g	600 x 2 = 1200mg	0 x 2 = 0g
Large Quick Chick (16 oz)	400 x 4 = 1600	35 x 4 = 140g	16 x 4 = 64g	600 x 4 = 2400mg	0 x 4 = 0g

📊 Nutritional Breakdown (Per 4 oz “Scoop”)

Nutrient	Amount
Calories	400
Calories from Fat	310
Total Fat (g)	35
Saturated Fat (g)	7
Trans Fat (g)	0
Cholesterol (mg)	75
Sodium (mg)	600
Total Carbs (g)	0
Dietary Fiber (g)	0
Total Sugars (g)	0
Protein (g)	16

\$ Large Quick Chick - Classic Carol = \$12.99

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