🥚 Chicken Salad Chick Egg Salad Nutrition Information

Serving Size: 4 oz scoop (individual portion)
Also available in:

- Small Quick Chick (≈10 oz, serves 2–3)
- Large Quick Chick (≈20 oz, serves 4–5)

Nutrient	Amount (Per 4 oz Scoop)
Calories	440
Calories from Fat	378
Total Fat	42 g
Saturated Fat	8 g
Trans Fat	0 g
Cholesterol	390 mg
Sodium	480 mg
Total Carbohydrates	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Protein	12 g

🧮 **Quick Size Reference:**

- **Small Quick Chick** ≈ 2.5 scoops = ~1,100 kcal
- **Large Quick Chick** ≈ 5 scoops = ~2,200 kcal

⚠️ Allergen Information

Contains:

- 🥚 Egg
- 🧀 Milk *(may be present depending on facility)*
- 🌱 Soy *(via mayo – refined soybean oil is not labeled under FALCPA)*

⚠️ **Note:** Prepared in a shared kitchen. Cross-contact is possible. Confirm with staff if you have food allergies or sensitivities.

🧊 Storage & Serving Tips

- Keep refrigerated and use within 4 days
- Chill for 1 hour before serving for optimal flavor
- Stir before serving to refresh texture
- Serve with crackers, lettuce wraps, or inside sandwiches