

Piccadilly Salads

rev. October 2018

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Portion Size (g)
Broccoli and Cauliflower	180	150	17	2	0	10	310	7	2	2	3	142 g
Broccoli Madeline	390	260	28	8	0	40	610	23	2	17	12	142 g
Caesar Salad	140	90	10	3.5	0	20	400	22	1	3	6	89 g
Carrot and Raisin	200	60	7	1	0	10	240	38	3	26	2	142 g
Carrot and Raisin (Morrison's)	260	170	19	3	0	10	230	22	3	15	2	142 g
Cherry Tomato, Cucumber, and Onion	40	0	0	0	0	0	570	10	1	8	1	142 g
Cocktail Sauce	40	0	0	0	0	0	480	10	0	10	0	46 g
Combination Salad	150	130	14	2.5	0	50	135	4	1	3	3	142 g
Cream Coleslaw	230	170	19	3	0	10	330	15	3	12	2	142 g
Fruit with Sour Cream	220	110	12	8	0	20	70	27	2	21	2	142 g
Gelatin	120	0	0	0	0	0	120	27	0	27	3	142 g
Gelatin, Cherry, Cranberry and Sour Cream	320	100	11	3	0	15	190	55	2	48	5	217 g
Italian Rotini Salad	240	150	17	2.5	0	0	580	19	1	2	3	142 g
Italian Bowl	70	40	4	2	0	10	660	3	2	1	5	97 g
Macaroni Salad	240	110	12	2	0	5	160	29	2	8	4	142 g
Neptune	300	230	26	4	0	30	610	12	1	5	6	142 g
Pasta Salad	240	130	14	2.5	0	0	710	22	2	3	4	142 g
Pea Salad	240	140	16	2.5	0	65	700	14	5	5	9	142 g
Piccadilly Club Salad	690	320	35	16	0	330	2190	27	5	8	64	516 g
Piccadilly Fruit Salad	100	5	0	0	0	0	10	24	2	19	1	200 g
Potato Salad	180	45	5	1	0	40	950	31	2	11	3	148 g
Southern Ambrosia	160	35	4	3.5	0	0	35	33	4	28	1	142 g
Southwest Fiesta Chicken Salad	450	210	23	10	0	80	1470	27	6	8	36	411 g
Spiced Beets	80	0	0	0	0	0	130	20	1	19	1	142 g
Spring Salad	20	0	0	0	0	0	15	4	1	2	1	99 g
Strawberry and Bananas	150	5	0	0	0	0	20	38	3	25	1	177 g
Texas Spinach	250	180	20	6	0	125	560	8	3	3	11	170 g
Tossed Spinach	80	45	27	1	0	35	200	7	2	4	4	142 g
Waldorf Salad	190	90	10	7	0	0	140	21	2	15	1	142 g
Watermelon	90	0	0	0	0	0	10	31	2	29	1	326 g
Dressing Balsamic	100	90	11	1.5	0	0	320	2	0	1	0	30 g
Dressing Blue Cheese	130	120	14	2.5	0	10	310	1	0	1	1	29 g
Dressing French	80	45	5	1	0	0	380	9	0	8	0	33 g
Dressing Honey Mustard	130	90	11	1.5	0	10	90	8	0	7	0	30 g
Dressing Italian	80	70	8	1	0	0	230	3	0	2	0	30 g
Dressing Ranch	160	150	17	3	0	15	170	1	0	1	1	28 g
Dressing Thousand Island	120	100	11	2	0	15	270	5	0	3	0	30 g
Romano Cheese	24	18	2	1	0	6	88	1	0	0	2	5 g
Cheddar Cheese	112	84	9	6	0.3	30	176	0.4	0	0	7	28.5 g
Jalapeno Pepper	6	3	0.4	0	0	0	439	0.4	0	0	0.2	30 g
Greek Pepper	3	0	0	0	0	0	331	0.6	0	0	0.1	28 g
Barbecue Sauce	60	0	0	0	0	0	380	15	0	10	0	36 g
Bacon Bits	120	0	0	3	0	35	430	1	0	0	11	28g
Olive Mix	10	10	1	0	0	0	170	1	0	0	0	14 g
Tomato Wedge	5	0	0	0	0	0	0	1	0	0	0	14 g
Chopped Onion	5	0	0	0	0	0	0	1	0	1	0	14 g