



Cobb Mason Jar Salad

Red wine vinegar, oil (canola/olive blend), [dijon mustard](#), [diced chicken](#), celery, tomatoes, egg, [bacon bits](#), red onion, [blue cheese](#), mixed greens

Nutrition information based on 1 jar.

Nutrition Facts	
1 serving per container	
Serving Size	1.00 each
Amount per serving	
Calories	492
%Daily Value*	
Total Fat 40g	51%
Saturated Fat 6.1g	30%
Trans Fat 0.2g	
Cholestrol 233mg	78%
Sodium 1331mg	58%
Total Carbohydrate 10g	4%
Dietary Fiber 2.4g	9%
Total Sugars 5.1g	
Includes 0g Added Sugars	0%
Proteins 24g	
Vitamin D 1.2mcg	6%
Calcium 175mg	13%
Iron 2.4mg	13%
Potassium 534mg	11%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	