

Featured Recipe at

The Nest

in Louisville Hall



Chicken Salad Sandwich

- Drain and flake chicken. In a medium mixing bowl, stir together mayonnaise. Add chicken, cheese and tomato. Toss lightly to mix. Spoon chicken onto bread and enjoy

1 can chunk style chicken
1/4 c. light mayonnaise
1/2 c. shredded Swiss cheese
1 sm. tomato, chopped
Leaf lettuce (optional)

The Nest convenience store

located in Louisville Hall.

basicpantry

UofL Campus Health Services

UofL Dining Services
by sodexo



Chicken Salad Sandwich

Nutrition Facts

Serving Size 1 parfait

Serving per Recipe 2

Amount per RECIPE

Calories 400

Calories from Fat 162

% Daily Value

Total Fat 18g

27%

Saturated Fat 12g

60%

Cholesterol 0mg

0%

Sodium 380mg

15%

Total Carbohydrate 66g

22%

Dietary Fiber 0g

0%

Sugars 36g

Protein 6g

12%

Est. Percent Calories From:

Fat

41%

Carbs

66%

Protein

6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Note:

louisville.edu/healthpromotion

HEALTH
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