

# Salad Toppings

## Nutrition Information



	Serving	Calories	Fat (g)	Chol (mg)	Sodium (g)	Carb (g)	Sugars (g)	Protein (g)	Fiber (g)
Chow Mein Noodles	1/2 cup	130	5	0	240	19	0	3	2
Croutons	6 croutons	30	1	0	90	5	0	1	0
Dried Cranberries	1/3 cup	130	0	0	0	33	26	0	3
Raisins	1 oz. (60 raisins)	84	0	0	3	22	17	1	1
Sunflower Seeds	1 oz.	164	14	0	3	6	1	6	2

