

# Nutrition Chart

Publix Deli Southern Cobb Salad  
1 salad (485g ) g

|                        |                 |
|------------------------|-----------------|
| Serving Size           | 1 salad (485g ) |
| Calories               | 760             |
| Calories from Fat      | 342             |
| Total Fat (g)          | 38              |
| Saturated Fat (g)      | 10              |
| Trans Fatty Acids (g)  | 0               |
| Cholesterol (mg)       | 70              |
| Sodium (mg)            | 1060            |
| Total Carbohydrate (g) | 79              |
| Dietary Fiber (g)      | 7               |
| Sugars (g)             | 59              |
| Protein (g)            | 24              |

\*2000 calories a day is used for general nutrition advice, but calorie needs vary.  
Percent Daily Values are based on a 2000 calorie diet.