



new

asian salad

Key Nutrition Benefits of the Asian Salad:

Soy Power:

Edamame (green soybeans) is soy in its natural form. It has a sweet, nutty flavor.

Antioxidants and Minerals:

Almonds offer vitamin E and magnesium: fresh vegetables provide natural vitamins and antioxidants.

A Daily Dose:

Dietary Guidelines for adults recommend between 3.5 to 6 cups of fruits and veggies each day. While most Americans don't meet this goal, McDonald's® Asian Salad provides 3.5 cups of delicious vegetables in one bowl.

Ingredients:

McDonald's Asian Salad is a colorful blend of warm orange-glazed grilled or crispy chicken, edamame, snow peas, red bell peppers, mandarin oranges, sliced and toasted almonds, and up to 16 types of fresh premium greens.

