

Nutrition Facts

Serving Size 445 Gram(s)

New England Harvest Bowl – Serving Per Container 1

Amount Per Serving

Calories 540

Calories from
Fat 170

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrates 72g **24%**

Dietary Fiber 14g **56%**

Sugars 27g

Protein 16g

Vitamin A 950%

• Vitamin C 360%

Calcium 30%

• Iron 25%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400g	2,400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

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Serving Size 29 Gram(s)

Balsamic Vinaigrette – 1oz

Amount Per Serving

Calories 100

Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrates 4g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 0g

Vitamin A 0%

• Vitamin C 0%

Calcium 2%

• Iron 2%

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your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400g	2,400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g