

Dressing

Nutrition Facts

1 servings per container

Serving Size (56g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 12g **15%**Saturated Fat 2g **10%***Trans Fat* 0g**Cholesterol** 0mg **0%****Sodium** 680mg **30%****Total Carbohydrate** 9g **4%**Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%****Protein** 5g

Vitamin D 0mcg 0%

Calcium 17mg 0%

Iron 1mg 4%

Potassium 142mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice

Grain Bowl

Nutrition Facts

1 servings per container

Serving Size (223g)

Amount per serving

Calories **310**

% Daily Value*

Total Fat 12g **15%**Saturated Fat 1.5g **8%***Trans Fat* 0g**Cholesterol** 35mg **10%****Sodium** 30mg **0%****Total Carbohydrate** 40g **15%**Dietary Fiber 6g **20%**

Total Sugars 4g

Includes 0g Added Sugars **0%****Protein** 14g

Vitamin D 0mcg 0%

Calcium 63mg 4%

Iron 3mg 20%

Potassium 451mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice