

Nutrition Facts

Serving Size
Servings Per Container

Complete Salad Kit

1 cup (100g)
About 3.5

Salad Only

1 cup (85g)
About 2.5

Amount Per Serving

Calories

150

25

Calories from Fat

100

0

% Daily Value*

% Daily Value*

Total Fat

11g **17%**

0g **0%**

Saturated Fat

1.5g **7%**

0g **0%**

Trans Fat

Cholesterol

0mg **0%**

0mg **0%**

Sodium

350mg **15%**

30mg **1%**

Total Carbohydrates

11g **4%**

5g **2%**

Dietary Fiber

2g **10%**

2g **8%**

Sugars

6g

3g

Protein

2g

1g

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Vitamin A 50%

Vitamin A 70%

Vitamin C 30%

Vitamin C 35%

Calcium 4%

Calcium 4%

Iron 4%

Iron 2%