

Nutrition Facts

Serving Size

Servings Per Container

Complete Salad Kit

1 cup (100g)

About 3

Salad Only

1 cup (85g)

About 2.5

Amount Per Serving

Calories

150

30

Calories from Fat

90

0

Total Fat

% Daily Value*

10g **15%**

0g **0%**

Saturated Fat

1.5g **7%**

0g **0%**

Trans Fat

0g

0g

Cholesterol

0mg **0%**

0mg **0%**

Sodium

150mg **6%**

25mg **1%**

Total Carbohydrates

16g **5%**

6g **2%**

Dietary Fiber

2g **10%**

2g **9%**

Sugars

11g

2g

Protein

3g

2g

* 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 40% Vitamin A 45%

Vitamin C 90% Vitamin C 100%

Calcium 6% Calcium 6%

Iron 6% Iron 4%