

Nutrition Facts

Servings per container

Serving size

Amount per serving

Calories

Complete
Salad Kit

About 3
1 cup (100g)

150

% Daily Value*

11g **14%**

1.5g **8%**

0g

10mg **3%**

160mg **7%**

12g **4%**

3g **9%**

3g

1g **3%**

3g

0mcg 0%

87mg 6%

1mg 8%

143mg 4%

113mcg 10%

21mg 20%

Salad Only

About 2.5
1 cup (85g)

20

% Daily Value*

0g **0%**

0g **0%**

0g

0mg **0%**

20mg **1%**

5g **2%**

2g **8%**

3g

0g **0%**

1g

0mcg 0%

34mg 2%

0.5mg 2%

179mg 4%

141mcg 15%

24mg 25%

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Incl. Added Sugars

Protein

Vitamin D

Calcium

Iron

Potassium

Vitamin A

Vitamin C

* 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 nutrition advice.