

Mom's Chickpea Salad Cup

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 330mg **14%**

Total Carbohydrate 39g **14%**

Dietary Fiber 11g **39%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg **0%**

Calcium 90mg **6%**

Iron 4mg **20%**

Potassium 580mg **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 nutrition advice.

INGREDIENTS: CHICKPEAS, CELERY, DILL PICKLES, ONION, MAYO, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL)

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Mom's Chickpea Salad Cup Box Lunch

| Nutrition Facts | |
|--|---------------|
| 1 serving per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 600 |
| % Daily Value* | |
| Total Fat 35g | 45% |
| Saturated Fat 13g | 65% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 15mg | 5% |
| Sodium 450mg | 20% |
| Total Carbohydrate 66g | 24% |
| Dietary Fiber 15g | 54% |
| Total Sugars 16g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 90mg | 6% |
| Iron 4.7mg | 25% |
| Potassium 1050mg | 20% |
| <small>* 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.</small> | |

INGREDIENTS: CHICKPEAS, CELERY, DILL PICKLES, MACAROON, CHIPS, ONION, MAYO, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL)

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Mom's Chickpea Salad Wrap

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **480**

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 720mg **31%**

Total Carbohydrate 69g **25%**

Dietary Fiber 12g **43%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 4.6mg 25%

Potassium 630mg 15%

* 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.

INGREDIENTS: CELERY, FLOUR TORTILLA,
CHICKPEAS, DILL PICKLES, MAYO, ONION

CONTAINS: WHEAT

CUISINE FOR HEALING 1614 MISTLETOE
BLVD FW TX 76104

Mom's Chickpea Salad Wrap Box Lunch

| Nutrition Facts | |
|--|---------------|
| 1 serving per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 760 |
| % Daily Value* | |
| Total Fat 37g | 47% |
| Saturated Fat 13g | 65% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 840mg | 37% |
| Total Carbohydrate 96g | 35% |
| Dietary Fiber 16g | 57% |
| Total Sugars 15g | |
| Includes 0g Added Sugars | 0% |
| Protein 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 150mg | 10% |
| Iron 5.3mg | 30% |
| Potassium 1100mg | 25% |
| <small>* 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.</small> | |

INGREDIENTS: CELERY, FLOUR TORTILLA, CHICKPEAS, MACAROON, DILL PICKLES, CHIPS, MAYO, ONION

CONTAINS: WHEAT

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