

Mediterranean Salad with Chicken

Nutrition Facts	
1 serving per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	440
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 670mg	29%
Total Carbohydrate 32g	12%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 1120mg	90%
Iron 3.9mg	20%
Potassium 1310mg	30%
* 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, CHICKEN BREAST, ARUGULA, FETA, FIRE ROASTED RED PEPPERS, ONION, ENGLISH CUCUMBER, OLIVE OIL, RED WINE VINEGAR, DIJON MUSTARD, GARLIC, OREGANO

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Mediterranean Salad with Falafel

Nutrition Facts	
1 serving per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1270mg	55%
Total Carbohydrate 46g	17%
Dietary Fiber 14g	50%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 1200mg	90%
Iron 7.7mg	45%
Potassium 1390mg	30%
* 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, ARUGULA, ONION, FETA, FIRE ROASTED RED PEPPERS, ONION, ENGLISH CUCUMBER, PARSLEY, OLIVE OIL, SPEARMINT, LEMON JUICE, RED WINE VINEGAR, CUMIN, BAKING SODA, CORIANDER, CILANTRO, DIJON MUSTARD, GARLIC, OREGANO

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