Product Nutrition and Contribution

FARMER'S SALAD

Nutrition Facts

Serving Size 6.4 ounces (181.44g)
Servings Per Container 1

Amount Per Serving

Calories 290	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 230mg	**77%**
Sodium 430mg	**18%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 12g	

Vitamin A 25% •	Vitamin C 15%
Calcium 10% •	Iron 8%

* 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
Saturated 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

Meat/Meat Alternate	2 oz
Grain/Bread	1 Serving
Vegetable	3/4 cup

Allergen: **Wheat, Milk, Egg**