

Harvest Vegetarian

Nutrition Facts

2 Servings Per Container

Serving Size 1 (154g)

Amount Per Serving
Calories 250

% Daily Value *

Total Fat 12g 16%

Saturated Fat 3g 16%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 250mg 10%

Total Carbohydrates 27g 10%

Dietary Fiber 5g 19%

Total Sugars 13g

Includes 8g Added Sugars 17%

Protein 9g

Vitamin D 0.1mcg 0%

Calcium 280mg 20%

Iron 1.7mg 10%

Potassium 300mg 6%

* 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: Quinoa, Kale, Blueberries, Parmesan Cheese, English Cucumber, Dried Cranberries, Pecans, Apples

Contains: Milk, Pecan