

Super Grain Tabbouleh

Nutrition Facts

2 servings per container

Serving size

4 oz (116g)

Calories

Per Serving

140

Per Container

270

% Daily Value*

% Daily Value*

Total Fat

7g **9%**

15g **19%**

Saturated Fat

1g **5%**

2g **10%**

Trans Fat

0g

0g

Cholesterol

0mg **0%**

0mg **0%**

Sodium

35mg **2%**

65mg **3%**

Total Carb.

16g **6%**

31g **11%**

Dietary Fiber

2g **7%**

3g **11%**

Total Sugars

<1g

2g

Incl. Added Sugars

0g **0%**

0g **0%**

Protein

3g

5g

Vitamin D

0mcg 0%

0mcg 0%

Calcium

20mg 2%

40mg 4%

Iron

0.9mg 6%

1.9mg 10%

Potassium

130mg 2%

250mg 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: MILLET, ENGLISH CUCUMBER, ORGANIC QUINOA, RED ONION, LEMON JUICE, OLIVE OIL, PARSLEY, MINT, ALLSPICE, SALT