

Eco Wild Rice Edamame Salad

Nutrition Facts

2 servings per container

Serving size

4 oz (116g)

	Per Serving	Per Container
Calories	320	650
	% Daily Value*	% Daily Value*
Total Fat	16g 21%	33g 42%
Saturated Fat	2g 10%	4g 20%
<i>Trans Fat</i>	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	170mg 7%	330mg 14%
Total Carb.	42g 15%	84g 31%
Dietary Fiber	5g 18%	11g 39%
Total Sugars	4g	8g
Incl. Added Sugars	3g 6%	5g 10%
Protein	8g	17g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 4%	90mg 6%
Iron	1.3mg 6%	2.5mg 15%
Potassium	220mg 4%	440mg 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: ECO WILD RICE BLEND (LONG GRAIN BROWN RICE, SWEET BROWN RICE, WILD RICE, WHOLE GRAIN WEHANI® RICE, WHOLE GRAIN BLACK JAPONICA™ RICE), CELERY, EDAMAME, SESAME OIL, RAW SUNFLOWER SEEDS, GREEN ONIONS, DRIED CRANBERRIES (CRANBERRIES, SUGAR), RED WINE VINEGAR, GINGER, HONEY, SALT, MINT

CONTAINS: SOY