

# Exotic Bean Salad

## Nutrition Facts

2 servings per container

**Serving size**

**4 oz (113g)**

|                    | <b>Per Serving</b>    | <b>Per Container</b>  |
|--------------------|-----------------------|-----------------------|
| <b>Calories</b>    | <b>250</b>            | <b>510</b>            |
|                    | <b>% Daily Value*</b> | <b>% Daily Value*</b> |
| <b>Total Fat</b>   | 9g <b>12%</b>         | 19g <b>24%</b>        |
| Saturated Fat      | 0.5g <b>3%</b>        | 1g <b>5%</b>          |
| Trans Fat          | 0g                    | 0g                    |
| <b>Cholesterol</b> | 0mg <b>0%</b>         | 0mg <b>0%</b>         |
| <b>Sodium</b>      | 110mg <b>5%</b>       | 220mg <b>10%</b>      |
| <b>Total Carb.</b> | 35g <b>13%</b>        | 70g <b>25%</b>        |
| Dietary Fiber      | 9g <b>32%</b>         | 19g <b>68%</b>        |
| Total Sugars       | 6g                    | 12g                   |
| Incl. Added Sugars | <1g <b>1%</b>         | 1g <b>2%</b>          |
| <b>Protein</b>     | 10g                   | 21g                   |
| Vitamin D          | 0mcg 0%               | 0mcg 0%               |
| Calcium            | 10mg 0%               | 20mg 2%               |
| Iron               | 2.1mg 10%             | 4.3mg 25%             |
| Potassium          | 20mg 0%               | 50mg 2%               |

\* 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: MUNG BEANS, ADZUKI BEANS, BLACK BELUGA LENTILS, CAULIFLOWER, CANOLA OIL, DATE PIECES (DATE PIECES, OAT FLOUR), SHERRY VINEGAR, RED WALNUTS, WHITE WINE VINEGAR, HONEY, CHIA SEEDS, NIGELLA SEEDS, SALT

CONTAINS: WALNUT