

# Quinoa Salad

One (1) – 6 oz. serving

## NUTRITIONAL INFORMATION

Per Serving / 6 oz.

**Calories** 365    **Calories from Fat** 215

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	24.8g	38%
<b>Saturated Fat</b>	1.9g	10%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	157.3mg	7%
<b>Total Carbohydrate</b>	31g	16%
Dietary Fiber	3.9g	
Sugars	0.3g	
<b>Protein</b>	0.8g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		0%
<b>Iron</b>		0%

*Percent Daily Values are based on a 2,000 calorie diet*

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<b>Ingredients (per menu item)</b>	<b>Cal</b>	<b>Fat</b>	<b>Carbs</b>
3 oz. Grain, Quinoa	159	2.6g	29.3g
1 oz. Artichoke Hearts	101.3	11.4g	1.01g
1 oz. Cucumber	3.3	0.0g	6.7g
1 oz. Roasted Tomato	101.3	11.4g	0.0g

**SAUL GOOD**

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