

Super Food Salad

One (1) – 10 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 10 oz.

Calories 548 **Calories from Fat** 228

	Amount	% Daily Value
Total Fat	25.8g	40%
Saturated Fat	5.7g	28%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	10.1mg	3%
Sodium	440.9mg	18%
Total Carbohydrate	69.9g	23%
Dietary Fiber	8.6	34%
Sugars	37.2g	
Protein	11.6g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

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

Ingredients (per menu item)	Cal	Fat	Carbs
2 oz. Kale and Arugula Mix	19.84	0.0g	1.7g
1 oz. Dried Cranberries	65	0.0g	16.5g
1 oz. Blueberries	16.2	0.0g	3.85g
1 oz. Candied Pecans	182.81	18g	6.75g
1 oz. Red Grapes	20.25	0.0g	5.17g
½ oz. Red Onions	5.67	0.01g	1.32g
1 oz. Goat Cheese	70.87	6.07g	1.01g
2 oz. Grain, Quinoa	106.0	1.7g	19.6g
2 oz. Fat Free Berry Dressing	61.24	0.0g	14.0g

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