Fall Salad With Chicken

Nutrition Facts

1 serving per container

Serving size **(0.0g)**

Amount Per Serving

Calories **580**

	% Daily Value*
Total Fat 37g	**47%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 500mg	**22%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 8g	**29%**
Total Sugars 21g	
Includes 9g Added Sugars	**18%**
Protein 29g	
Vitamin D 0mcg	0%
Calcium 1120mg	90%
Iron 6.5mg	35%
Potassium 1800mg	40%

* 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: BUTTERNUT SQUASH, SPINACH, CHICKEN BREAST, PUMPKIN SEEDS, FETA, CRANBERRIES, OLIVE OIL, HONEY, DIJON MUSTARD, BALSAMIC VINEGAR

CONTAINS: MILK

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Fall Salad Without Chicken

Nutrition Facts

1 serving per container

Serving size **(0.0g)**

Amount Per Serving

Calories **530**

	% Daily Value*
Total Fat 37g	**47%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 460mg	**20%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 8g	**29%**
Total Sugars 21g	
Includes 9g Added Sugars	**18%**
Protein 17g	
Vitamin D 0mcg	0%
Calcium 1120mg	90%
Iron 6.3mg	35%
Potassium 1590mg	35%

* 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: BUTTERNUT SQUASH, SPINACH, PUMPKIN SEEDS, FETA, CRANBERRIES, OLIVE OIL, HONEY, DIJON MUSTARD, BALSAMIC VINEGAR

CONTAINS: MILK

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