

Mediterranean Salmon Salad

Nutrition Facts

Serving Size 1 Salad (230g)

Servings Per Container 1

Amount Per Serving

Calories 297 **Calories From Fat** 198

		% Daily Value*
Total Fat	22g	34%
Saturated Fat	4g	22%
Trans Fat	<1 g	0%
Cholesterol	36mg	12%
Sodium	638mg	27%
Total Carbohydrate	12g	4%
Dietary Fiber	4g	17%
Sugars	4g	

Protein 16g

Vitamin A 86% ● Vitamin C 40%

Calcium 8% ● Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Salmon; Romaine Lettuce; Garbanzo Beans (Garbanzo Beans, Water, Salt, Disodium EDTA); Mushrooms; Grape Tomatoes; Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes); Scallions; Homemade Dressing (Olive Oil; Lemon Juice; Soy Sauce [Water, Salt, Sugar, Soybean, Wheat Flour, Caramel Color, Molasses, Sodium Benzoate]; Extra Fine Granulated Sugar; Fresh Basil; Chopped Garlic [Garlic, Water, Soy Oil, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate]; Kosher Salt; Black Pepper).

Allergy Information: Milk, Fish, Wheat, Soybeans