

# GARDEN SALAD

## Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories from Fat 50

**Calories 78**

	% Daily Values*
<b>Total Fat</b> 5.53g	<b>9%</b>
Saturated Fat 3.472g	<b>17%</b>
Polyunsaturated Fat 0.213g	
Monounsaturated Fat 1.551g	
<b>Cholesterol</b> 17mg	<b>6%</b>
<b>Sodium</b> 119mg	<b>5%</b>
<b>Potassium</b> 149mg	
<b>Total Carbohydrate</b> 2.9g	<b>1%</b>
Dietary Fiber 0.9g	<b>4%</b>
Sugars 1.62g	
<b>Protein</b> 4.6g	
Vitamin A 0%	■ Vitamin C 8%
Calcium 13%	■ Iron 2%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

## INGRIEDIENTS:

Iceberg Lettuce, Romaine Lettuce, Spinach, Tomatoes, Cucumbers, Carrots, Cheese