

Nutrition Facts

Per (406 g)

Calories 690

% Daily Value*

Fat 33 g 44 %
Saturated 8 g 41 %
+ Trans 0 g

Carbohydrate 78 g
Fibre 14 g 51 %
Sugars 11 g 11 %

Protein 23 g

Cholesterol 25 mg

Sodium 690 mg 30 %

Potassium 1350 mg 29 %

Calcium 350 mg 27 %

Iron 4.5 mg 25 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Bread, multigrain, toasted, Pepper, sweet, red, raw, Tomato, red, ripe, raw, year round average, Cucumber, raw, Snacks, potato chips, plain, salted, Avocado, raw, california, Cheese, swiss (emmental), Hummus, commercial, Carrot, raw, Onion, raw, Lettuce, cos or romaine

Contains: Wheat, Milk, Gluten