

# Nutrition Facts

Per (411 g)

**Calories 190**

**% Daily Value\***

**Fat** 10 g 13 %  
Saturated 1 g 5 %  
+ Trans 0 g

**Carbohydrate** 22 g  
Fibre 5 g 19 %  
Sugars 12 g 12 %

**Protein** 4 g

**Cholesterol** 0 mg

**Sodium** 160 mg 7 %

Potassium 900 mg 19 %

Calcium 100 mg 8 %

Iron 2 mg 11 %

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

**Ingredients:** Lettuce, spring mix (mesclun), Cucumber, raw, Pepper, sweet, red, raw, Carrot, raw, Tomato, red, ripe, raw, year round average, FILTERED WATER, BALSAMIC VINEGAR, SUNFLOWER OIL, CIDER VINEGAR, EXTRA-VIRGIN OLIVE OIL, GARLIC, STONE-GROUND MUSTARD (WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, CLOVES, BAY LEAVES, CINNAMON), XANTHAN & ACACIA GUMS, SEA SALT, XANTHAN GUM, BLACK PEPPER., Onion, raw

**Contains:** Mustard, Sulphites