

Nutrition Facts

Per (426 g)

Calories 640

% Daily Value*

Fat 30 g 40 %
Saturated 6 g 29 %
+ Trans 0 g

Carbohydrate 75 g
Fibre 7 g 27 %
Sugars 8 g 8 %

Protein 22 g

Cholesterol 10 mg

Sodium 1050 mg 46 %

Potassium 1400 mg 29 %

Calcium 125 mg 10 %

Iron 6.5 mg 35 %

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

Ingredients: Bread, focaccia, Italian flatbread, plain, Squash, summer, zucchini, raw, Pepper, sweet, red, raw, Mushroom, brown, Italian (crimini), raw, Tomato, red, ripe, raw, year round average, Snacks, potato chips, plain, salted, Hummus, commercial, Cheese, goat, soft, (more than 55% water, 21% M.F.), Spinach, raw

Contains: Wheat, Milk, Mustard, Sulphites, Gluten

May contain Eggs, Soy, Tree Nuts, Sesame Seeds