

Nutrition Facts

Per (333 g)

Calories 700

% Daily Value*

Fat 44 g 58 %
Saturated 11 g 54 %
+ Trans 0.1 g

Carbohydrate 70 g
Fibre 10 g 37 %
Sugars 49 g 49 %

Protein 16 g

Cholesterol 40 mg

Sodium 800 mg 35 %

Potassium 800 mg 17 %

Calcium 300 mg 24 %

Iron 3 mg 18 %

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

Ingredients: Apple, Red Delicious, raw, with skin, Lettuce, spring mix (mesclun), Salad dressing, poppyseed, creamy, Seeds, sunflower seed kernels, dry roasted, Cheese, feta, Cranberry, dried, sweetened

Contains: Milk, Mustard