

# Nutrition Facts

Per (195 g)

**Calories 480**

**% Daily Value\***

**Fat** 33 g 44 %  
Saturated 7 g 35 %  
+ Trans 0.1 g

**Carbohydrate** 42 g  
Fibre 6 g 22 %  
Sugars 30 g 30 %

**Protein** 9 g

**Cholesterol** 25 mg

**Sodium** 590 mg 26 %

**Potassium** 450 mg 10 %

**Calcium** 175 mg 13 %

**Iron** 2 mg 11 %

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

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

**Contains:** Milk, Mustard