

Nutrition Facts

Per (232 g)

Calories 490

% Daily Value*

Fat 39 g 53 %
Saturated 8 g 40 %
+ Trans 0.1 g

Carbohydrate 29 g
Fibre 8 g 29 %
Sugars 17 g 17 %

Protein 11 g

Cholesterol 25 mg

Sodium 630 mg 27 %

Potassium 750 mg 16 %

Calcium 200 mg 15 %

Iron 3 mg 15 %

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

Ingredients: Salad dressing, poppyseed, creamy, Avocado, raw, california, Spinach, raw, Seeds, sunflower seed kernels, dry roasted, Strawberry, raw, Tangerine, (mandarin), canned, juice pack, drained, Cheese, feta, Blueberry, raw, Lettuce, spring mix (mesclun)

Contains: Mustard