

# Nutrition Facts

Per (487 g)

**Calories 770**

**% Daily Value\***

**Fat** 51 g 68 %  
Saturated 7 g 33 %  
+ Trans 0 g

**Carbohydrate** 40 g  
Fibre 16 g 56 %  
Sugars 8 g 8 %

**Protein** 45 g

**Cholesterol** 245 mg

**Sodium** 390 mg 17 %

Potassium 1450 mg 31 %

Calcium 150 mg 12 %

Iron 5.5 mg 30 %

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

**Ingredients:** Avocado, raw, california, Chickpeas (garbanzo beans, bengal gram), canned, drained, rinsed, Chicken, broiler, breast, skinless, boneless, meat, grilled, Lettuce, spring mix (mesclun), Egg, chicken, whole, cooked, boiled in shell, hard-cooked, 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., Cucumber, raw, Seeds, sunflower seed kernels, dried, Tomato, red, ripe, raw, year round average

**Contains:** Egg, Mustard, Sulphites