

Quinoa Salad Bowl

Tri-color quinoa, faro, peppers, carrots, onions and cashews, with Arcadian lettuce, served with balsamic vinaigrette



WIMS #: 30141

Allergens: Tree nuts, wheat

Quinoa Salad with Farro And Peppers (Healthy)	
Nutrition Facts	
Serving size 8.4 oz (237 g)	
Servings per container None	
Amount per serving	
Calories 380	
Calories from fat 200	
	% Daily Value *
Total fat 22 g	29%
Saturated fat 3 g	16%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 730 mg	32%
Total carbohydrates 39 g	13%
Dietary fiber 5 g	17%
Sugars 12 g	
Protein 7 g	
Vitamin A 80%	• Vitamin C 60%
Calcium 2%	• Iron 15%
* % Daily Values are based on a 2000 calorie diet.	
© 2019 MenuTrinfo, LLC	