

Cycle 2

Curried Vegetable Salad

Cauliflower, carrots, celery root, purple potatoes, sweet potatoes, red peppers, onions, zucchini, dried cranberries and cashews. Served with a spicy tahini dressing



WIMS #: 30165

Allergens: Soy, tree nuts

| Curried Vegetable Salad with Spicy Tahini (Healthy) | |
|---|-----------------|
| Nutrition Facts | |
| Serving size 8.6 oz (242 g) | |
| Servings per container None | |
| Amount per serving | |
| Calories 360 | |
| Calories from fat 160 | |
| % Daily Value * | |
| Total fat 18 g | 24% |
| Saturated fat 2 g | 11% |
| Trans fat 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 540 mg | 23% |
| Total carbohydrates 46 g | 15% |
| Dietary fiber 13 g | 46% |
| Sugars 28 g | |
| Protein 6 g | |
| Vitamin A 180% | • Vitamin C 35% |
| Calcium 2% | • Iron 20% |
| * % Daily Values are based on a 2000 calorie diet. | |
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