

Cycle 3

St. Tropez Salad

Lentil salad, couscous and chickpea salad, cucumber and feta salad and shaved carrot salad



WIMS# 35052

Allergens: milk, wheat

St Tropez Salad	
Nutrition Facts	
1 servings per container	
Serving size	1 salad (283 g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 13g	16%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 400mg	18%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 4g	
Protein 7g	
Vitamin D 0.00mcg	0%
Calcium 176mg	16%
Iron 1mg	6%
Potassium 180mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

© 2023 MenuTrinfo, LLC