

## Cycle 1

# Beet and Goat Cheese Salad

Arcadian lettuce, roasted beets, goat cheese, honey crisp walnuts, with poppyseed citrus vinaigrette.



WIMS# 35064

Allergens: Egg, Milk, Tree Nuts

Beet and Goat Cheese Salad	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (218 g)</b>
Amount per serving	
<b>Calories</b>	<b>460</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 33g	<b>42%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 780mg	<b>34%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 24g	
<b>Protein</b> 10g	
Vitamin D 0.00mcg	0%
Calcium 344mg	28%
Iron 2mg	13%
Potassium 230mg	5%

\* 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.

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