

Cycle 2

Pear & Roquefort Salad

Arugula, frisée, poached pears, candied pecans, Roquefort, and balsamic vinaigrette.



WIMS# 35037

Allergens: Milk, Tree Nuts

Pear & Roquefort Salad	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (249 g)
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 38g	49%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1180mg	51%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 12g	
Protein 13g	
Vitamin D 0.00mcg	0%
Calcium 373mg	31%
Iron 2mg	13%
Potassium 410mg	9%

* 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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