

Cycle 1

Roasted Root Vegetable Salad

Spinach, baby arugula, purple Peruvian potatoes, parsnips, king mushrooms, chickpeas, olive oil poached tomatoes, Madras curry sauce



WIMS# 35081 Allergens: Egg, Milk, Soy, Tree Nuts (Coconut)

Marinated Roasted Root Vegetable Salad

Nutrition Facts

1 servings per container
Serving size 1 meal (272 g)

Amount per serving
Calories **380**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 1470mg **64%**

Total Carbohydrate 42g **15%**

Dietary Fiber 11g **39%**

Total Sugars 10g

Protein 9g

Vitamin D 0.02mcg **0%**

Calcium 149mg **14%**

Iron 4mg **24%**

Potassium 1150mg **26%**

* 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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