

Cycle 2

Chilled Salmon & Garden Orzo

Grilled and chilled salmon, roasted zucchini, yellow squash, carrots, broccolini and scallions with orzo, chive, parmesan cheese salad served with horseradish dill Mouseline



WIMS# 35083 Allergens: Egg, Fish (Salmon), Milk, Soy, Wheat

Chilled Grilled Salmon & Garden Orzo

Nutrition Facts

1 servings per container

Serving size

1 meal (453 g)

Amount per serving

Calories

640

% Daily Value*

Total Fat 34g **44%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 740mg **32%**

Total Carbohydrate 55g **20%**

Dietary Fiber 3g **11%**

Total Sugars 17g

Protein 29g

Vitamin D 0.27mcg **0%**

Calcium 136mg **13%**

Iron 3mg **19%**

Potassium 740mg **18%**

* 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.