

Cycle 1

Chilled Harissa-Poached Salmon

Gently poached harissa-spiced salmon, chilled and paired with roasted butternut squash and crisp apple salad, finished with a fresh lime-cilantro yogurt sauce



Allergens: Milk, Tree Nuts (walnuts)

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Nutrition Facts	
1 servings per container	
Serving size	1 meal (226 g)
Amount per serving	
Calories	
	510
	% Daily Value*
Total Fat 43g	55%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1360mg	59%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Protein 23g	
Vitamin D 0.27mcg	0%
Calcium 75mg	6%
Iron 1mg	6%
Potassium 620mg	15%

* 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.