

Cycle 3

Greek Mezze

Roasted vegetable mezze plate with marinated roasted peppers, mushrooms, oven-dried tomatoes, cucumbers, baby carrots, dolmades, olives, feta cheese, and hummus



Allergens: Milk, Sesame, Soy, Wheat

Greek Mezze Vegetable Salad

Nutrition Facts

1 servings per container
Serving size 1 meal (315 g)

Amount per serving
Calories 480

% Daily Value*

Total Fat 31g 40%

Saturated Fat 3g 16%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 1710mg 74%

Total Carbohydrate 39g 14%

Dietary Fiber 14g 48%

Total Sugars 5g

Protein 12g

Vitamin D 0.00mcg 0%

Calcium 203mg 18%

Iron 2.2mg 14%

Potassium 730mg 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.