

## Goddess

### Ingredients

Romaine, Arugula, Garbanzo Beans (prepared garbanzo beans, water, salt), Cucumber, Red Bell Peppers, Green Olives (Manzanilla olives, water, salt, citric acid), Goat Feta Cheese (Pasteurized goat milk, cheese cultures, vegetal rennet, salt)



### Salad

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 Salad</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 7.2g	<b>36%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 1110mg	<b>48%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 5g	<b>19%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	<b>28%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.

### Grain Bowl

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 Grain Bowl</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>360</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 1220mg	<b>53%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 8g	<b>27%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>33%</b>

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### Wrap

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 Wrap</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
% Daily Value*	
<b>Total Fat</b> 23g	<b>30%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 1600mg	<b>69%</b>
<b>Total Carbohydrate</b> 66g	<b>24%</b>
Dietary Fiber 12g	<b>41%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	<b>43%</b>

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### Common Allergies

Always let us know if you have an allergy before we prepare your salad.

**Dairy:** Goat Feta

**Eggs:** None

**Peanuts:** None

**Tree Nuts:** None

**Soy:** None

**Wheat:** Wraps

**Fish:** Dressing

**Shellfish:** None

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 ounce (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1.1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars < 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>3%</b>

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### Evergreens Goddess Ingredients

Greek Yogurt, Sour Cream, Green Onion, Italian Parsley, Tarragon, White Wine Vinegar, Lime Juice, Kosher Salt, Anchovy Fillets, Black Pepper

\*1 ounce dressing is, "lightly dressed"