

The Fast and the Curry-ous

Ingredients

Napa Cabbage, Spinach, Quinoa (Quinoa, water, pure olive oil, kosher salt), Carrots, Garbanzo Beans (Garbanzo beans, water, salt), Pepitas, Grapes

*GLUTEN FREE



Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 41g	15%
Dietary Fiber 8g	28%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 12g	24%
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	
Serving size	1 grain bowl
Amount Per Serving	
Calories	470
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 77g	28%
Dietary Fiber 13g	47%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 17g	34%
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.	

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 wrap
Amount Per Serving	
Calories	560
% Daily Value*	
Total Fat 20g	25%
Saturated Fat 4.4g	22%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	38%
Total Carbohydrate 82g	30%
Dietary Fiber 14g	51%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 19g	38%
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.	

Common Allergies

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

- Dairy: Pepitas, Curried Yogurt Dressing
- Eggs: Pepitas
- Peanuts: Pepitas
- Tree Nuts: Pepitas
- Soy: Pepitas
- Wheat: Wraps
- Fish: None
- Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 ounce
Amount Per Serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	1%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	3%
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.	

Curried Yogurt Dressing

Ingredients
Non-fat Greek Yogurt (Cultured Pasteurized Grade A Nonfat Milk, Maltodextrin, Milk Protein Concentrate, Vitamin A Palmitate, Vitamin D3, Live Active Cultures), **Buttermilk** (Cultured Reduced Fat Milk, Salt), **Lemon Juice**, **Agave**, **Dijon Mustard** (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), **Curry Powder**, **Ground Ginger**, **Kosher Salt**, **Granulated Onion**, **Granulated Garlic**

*1 ounce dressing is, "lightly dressed"