

THE FENNEL COUNTDOWN



Ingredients

Mixed Greens, Romaine, Tangerine, Pickled Fennel, Walnuts, Feta Cheese, Mama Lil's, Citrus Marmalade Vinaigrette

Salad

Nutrition Facts	
1 servings per container	
Serving size	1 Salad
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 6.3g	32%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 750mg	33%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
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 22g	28%
Saturated Fat 6.3g	32%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 950mg	41%
Total Carbohydrate 60g	22%
Dietary Fiber 11g	39%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 18g	36%
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 28g	36%
Saturated Fat 9.3g	47%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1200mg	52%
Total Carbohydrate 65g	24%
Dietary Fiber 12g	43%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 20g	40%
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: Walnuts
- Eggs: Walnuts
- Peanuts: Walnuts
- Tree Nuts: Walnuts
- Soy: Walnuts
- Wheat: Walnuts, Wraps
- Fish: None
- Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 ounce
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	1%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 0g	0%
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.	

Citrus Marmalade Ingredients

Orange Marmalade (Sugar, bitter oranges, cane sugar, concentrated lemon juice, fruit pectin), Lemon Juice, Kosher Salt, Olive Oil

*1 ounce dressing is, "lightly dressed"