

# EVERGREENS

# BEETS BY EVERGREENS

## Ingredients

romaine + mixed greens, pickled beet (*beets, distilled vinegar, water, sugar, salt, ginger*), pickled red onions (*red onion, cider vinegar, water, red wine vinegar, kosher salt*), cucumber, walnuts, feta cheese, black pepper, dijon balsamic vinaigrette



## Salad

## Grain Bowl

## Wrap

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 salad (306g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 660mg	29%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 16g</b>	<b>32%</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.	

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 grain bowl (381g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>470</b>
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 870mg	38%
Total Carbohydrate 52g	19%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 20g</b>	<b>40%</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.	

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 wrap (327g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1100mg	48%
Total Carbohydrate 61g	22%
Dietary Fiber 10g	36%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 23g</b>	<b>46%</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.	

## Common Allergies

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

- Dairy: Feta Cheese
- Eggs: None
- Peanuts: None
- Tree Nuts: Walnuts
- Soy: None
- Wheat: Wraps
- Fish: None
- Shellfish: None

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 ounce
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2.3g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	<b>0%</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.	

## Dijon Balsamic Dressing

### Ingredients

Balsamic Vinegar, Dijon mustard (*Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice*), Brown Sugar, Kosher Salt, Black Pepper, Olive Oil

\*1 ounce dressing is, "lightly dressed"