



MEDITERRANEAN BOWL

Nutrition Facts

1 serving per container

Serving size (250g)

Amount Per Serving

Calories **422**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 69g **25%**

Dietary Fiber 9g **32%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 14g

Ingredients: Chickpeas, Cucumber, Red Royal Quinoa, Jasmine Rice, Tomatoes, Black Olives, Greek Dressing

RONKONKOMA NY 11779

**COOKING INSTRUCTIONS : REMOVE LABEL AND ANY CUPS/PACKETS,
AND MICROWAVE FOR 90-120 SECONDS (UNTIL HOT)**