

# Nutrition Facts

Serving Size 0.5 Cup

Summer Salad

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## Amount Per Serving

**Calories** 68.1

Calories from Fat 42.8

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**% Daily Value\***

**Total Fat** 5g **8%**

Saturated Fat 0.6g **3%**

*Trans* Fat 0g

**Cholesterol** 1.6mg **1%**

**Sodium** 186.8mg **8%**

**Total Carbohydrates** 5.8g **2%**

Dietary Fiber 1.3g **5%**

Sugars 0.4g

**Protein** 0.9g

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Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.