

Cracked Wheat Salad

Ingredients

Tomatoes, green, fresh, whole, med, Peas, garbanzo, cnd, Bulgur Wheat, Artichokes, Oil, olive blend, Onion, Lemon Juice, Chives, Salt, Rosemary, Pepper.

Nutrients per serving

Nutrition Facts	
Serving Size 4 ounce (113g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 4g	
Vitamin A 8%	• Vitamin C 25%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	