

# Prepared Foods Nutrition Facts



Cold Salads	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Asian Cucumber Salad	4 oz (113g)	35	10	1	2	0	0	0	0	0	310	13	6	2	1	6	4	1	15	20	2	2
Asian Peanut Vegetable Sesame Salad	4 oz (113g)	140	35	4	6	1	5	0	0	0	420	18	25	8	1	4	7	4	35	15	4	2
Asian Shrimp Salad w/ Spicy Carrot Ginger Puree	4 oz (113g)	80	20	2.5	4	0	0	0	50	17	390	16	9	3	1	4	5	7	30	50	2	2
Beet, Feta & Spinach Salad w/ Pomegranate Blueberry Dressing	4 oz (113g)	90	35	4	6	1	5	0	5	2	250	10	13	4	3	12	10	3	0	6	6	10
Beet and Orange Salad	4 oz (113g)	60	0	0	0	0	0	0	0	0	220	9	14	5	3	11	11	2	6	15	4	8
Beet Noodle Salad	4 oz (113g)	120	70	8	12	1.5	8	0	0	0	750	31	11	4	2	8	8	1	2	15	2	4
Brussels Sprout Slaw	4 oz (113g)	200	110	12	18	1.5	8	0	0	0	350	15	20	7	5	20	12	5	15	110	6	8
Butternut Squash Noodle Salad	4 oz (113g)	140	80	9	14	1	5	0	0	0	510	21	13	4	2	8	4	3	210	70	6	8
Caprese Salad	4 oz (113g)	150	110	12	19	4.5	24	0	20	7	420	18	3	1	1	3	1	7	25	20	15	4
Cauliflower Rice Tabbouleh	4 oz (113g)	90	60	7	11	1	5	0	0	0	560	23	6	2	2	8	3	1	15	60	2	4
Cheese Tortellini and Pesto Salad	4 oz (113g)	240	110	12	18	2	10	0	10	3	620	26	26	9	2	8	1	7	8	80	8	10
Chunky Guacamole	2 Tbsp (30g)	50	40	4.5	7	0.5	3	0	0	0	180	8	2	1	2	8	0	1	6	10	0	2
Citrus Sesame Kale Salad	4 oz (113g)	360	270	30	46	4.5	23	0	20	7	270	11	29	10	4	16	12	4	160	100	10	10
Cucumber and Blueberry Salad	4 oz (113g)	90	50	6	9	2	10	0	5	2	390	16	7	2	1	4	4	3	4	6	6	2

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Curried Potato, Green Bean and Cilantro Salad	4 oz (113g)	110	50	6	9	0	0	0	5	2	430	18	15	5	3	12	2	3	2	8	8	4
Edamame Chickpea and Tofu	4 oz (113g)	200	110	12	18	1.5	8	0	0	0	790	33	13	4	5	20	1	9	0	6	4	10
Everything is Green Salad	4 oz (113g)	70	25	3	5	0	0	0	0	0	350	15	7	2	5	20	2	5	6	10	6	6
Fennel and Apple Salad	4 oz (113g)	110	60	7	10	1	5	0	0	0	320	13	14	5	3	11	10	1	8	8	2	2
French Lentil Salad	4 oz (113g)	150	70	8	12	1	5	0	0	0	240	10	17	6	3	12	6	5	60	70	4	10
Green Bean, Mushroom and Cashew Salad	4 oz (113g)	130	90	10	15	1.5	8	0	0	0	330	14	8	3	4	16	3	3	10	35	4	6
Hail Kale Caesar Salad	4 oz (113g)	270	200	23	35	2.5	13	0	15	5	450	19	15	5	1	4	2	5	140	100	10	8
Latin Red Potato and Corn Salad	4 oz (113g)	200	120	14	22	2	10	0	0	0	350	15	16	5	2	8	1	3	8	40	2	4
Mango, Green Bean and Farro Salad	4 oz (113g)	110	30	3.5	5	0.5	3	0	0	0	470	20	18	6	2	8	7	4	15	50	2	6
Marinated Mushrooms	4 oz (113g)	80	60	6	9	1	5	0	0	0	330	14	5	2	1	4	3	3	8	30	0	4
Mediterranean Seafood Pasta Salad	4 oz (113g)	150	60	6	9	7	35	0	5	2	490	20	18	6	1	4	2	6	2	2	4	6
Organic Citrus Chickpea Salad	4 oz (113g)	190	50	6	9	0	0	0	0	0	360	15	29	10	6	24	10	7	0	0	4	15
Organic Tuscan Bean Salad	4 oz (113g)	190	100	11	17	1	5	0	0	0	340	14	21	7	5	20	1	4	0	0	4	10
Organic Maple Barley	4 oz (113g)	160	20	2.5	4	0	0	0	0	0	5	0	35	12	4	16	12	3	0	0	2	8
Organic Golden Jewel Salad	4 oz (113g)	190	90	10	15	1	5	0	5	2	360	15	20	7	1	4	2	4	0	0	2	4
Organic Five Grain Salad	4 oz (113g)	200	70	8	12	0.5	3	0	0	0	350	15	29	10	3	12	2	5	0	0	2	25

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Organic Tabbouleh Salad	4 oz (113g)	170	110	12	18	1	5	0	0	0	400	17	14	5	4	16	1	3	0	0	4	8
Organic 3 Grain Ginger Salad	4 oz (113g)	200	100	11	17	1	5	0	0	0	370	15	24	8	4	16	4	5	0	0	2	8
Pico De Gallo/ Fresh Salsa	2 Tbsp. (25g)	10	5	0	0	0	0	0	0	0	90	4	1	0	0	0	1	0	4	6	0	0
Pineapple Salsa	1 oz (28g)	15	0	0	0	0	0	0	0	0	90	4	3	1	0	0	3	0	2	20	0	0
Pineapple, Jicama and Cucumber Salad	4 oz. (113g)	100	60	6	9	1	5	0	0	0	210	9	12	4	2	8	8	1	2	50	2	2
Pink Lady Apples w/ Roasted Butternut Squash	4 oz (113g)	100	45	5	8	0.5	3	0	0	0	250	10	11	4	2	8	8	1	45	25	2	4
Rainbow Crunch Salad	4 oz (113g)	130	50	6	9	1	5	0	0	0	100	4	24	8	3	12	10	3	35	340	6	10
Red Bean and Corn Salad	4 oz (113g)	180	100	11	17	1.5	8	0	0	0	340	14	16	5	3	13	1	5	2	6	4	6
Roasted Asparagus, Blue Cheese and Walnut Salad	4 oz (113g)	140	100	11	17	2	10	0	0	0	490	20	7	2	2	8	4	4	10	15	4	15
Roasted Corn and Bean Salad	4 oz (113g)	140	60	7	11	1	5	0	0	0	380	16	16	5	3	12	4	3	6	20	6	15
Roasted Sweet Corn, Cabbage and Tomato Salad	4 oz (113g)	110	70	8	12	1	5	0	5	2	310	13	10	3	2	8	3	2	30	35	2	2
Savory Tofu Shiitake Slaw	4 oz (113g)	200	140	16	25	2	10	0	0	0	630	26	10	3	2	8	6	4	10	2	0	4
Sweet Potato Noodle Salad	4 oz (113g)	140	60	7	11	1	5	0	0	0	690	29	19	6	3	12	8	1	90	25	2	4
Watermelon and Kale Salad	4 oz (113g)	80	40	4.5	7	1	5	0	5	2	45	2	10	3	1	4	7	2	25	25	4	2

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White Bean Artichoke Salad	4 oz (113g)	120	60	7	11	1	5	0	0	0	620	26	11	4	3	12	2	4	0	2	4	4
Wild Rice & Fruit	4 oz (113g)	150	45	5	8	0.5	3	0	0	0	250	10	24	8	2	8	6	3	6	2	2	6
<b>Cold Proteins</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrates</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>Protein</b>	<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>
	<b>(g)</b>			<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(%DV)</b>	<b>(mg)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(g)</b>	<b>(g)</b>	<b>(%DV)</b>	<b>(%DV)</b>	<b>(%DV)</b>	<b>(%DV)</b>
Cajun Salmon	1 Piece (85g)	210	130	14	22	2	10	0	55	18	160	7	0	0	0	0	0	19	4	0	2	4
Chipotle Chicken	4 oz (113g)	130	45	5	8	1	5	0	60	20	580	24	2	1	0	0	2	19	0	2	0	2
Chipotle Chicken Salad	4 oz. (113g)	170	100	11	18	1.5	8	0	35	11	410	17	5	2	1	4	3	11	15	60	0	2
Curry Chicken Salad	4 oz (113g)	260	160	18	28	2.5	13	0	50	17	750	31	12	4	1	4	8	14	2	6	2	6
Grilled BBQ Chicken	4 oz (113g)	160	80	9	14	1.5	8	0	55	18	1100	46	2	1	0	0	2	18	6	2	0	2
Grilled Chicken Salad	4 oz (113g)	330	230	26	40	2.5	13	0	80	27	520	22	2	1	0	0	1	20	2	0	2	0
Grilled Chicken Salad w/Dried Cranberries	3.5 oz	290	180	20	31	1.5	8	0	60	20	390	16	12	4	0	0	9	15	0	0	0	0
Grilled Lemon Pepper Chicken	4 oz (113g)	170	80	9	14	1.5	8	0	55	18	790	33	3	1	0	0	2	19	0	4	0	2
Hardboiled Egg	1 ea. (45g)	70	45	5	8	1.5	8	0	170	57	55	2	0	0	0	0	1	6	4	0	2	2
Herb Baked Tofu	4 oz (113g)	240	170	18	28	2.5	13	0	0	0	820	34	6	2	2	8	0	12	0	2	4	10
Lemon Garlic Chicken	4 oz (113g)	150	70	8	12	1.5	8	0	55	18	530	22	2	1	0	0	2	19	0	2	0	2
Organic Picked Chicken	4 oz (113g)	210	110	12	18	3	15	0	105	35	340	14	2	1	0	0	2	23	6	4	0	4
Peruvian-Style Chicken	4 oz (113g)	130	45	5	8	1	5	0	60	20	590	25	2	1	0	0	2	20	0	2	0	2
Picked Chicken	4 oz (113)	210	100	11	17	3.5	18	0	95	32	550	23	1	0	0	0	1	28	2	2	2	4
Sesame Sriracha Tofu	4 oz (113g)	260	160	18	28	2.5	13	0	0	0	900	38	16	5	3	12	10	10	0	4	4	10
Tuna Salad	3.5 oz (100g)	200	130	14	22	2	10	0	35	12	210	9	0	0	0	0	0	18	2	2	2	6

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