

# Mediterranean Bar Nutrition Facts



Antipasto	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)
Baby Artichoke Hearts in Oil	5 pieces (130g)	190	150	17	26	1.5	8	0	0	0	1080	45	7	2	7	28	1	3	0	80	4	8
Balsamic Cipolline Onions	5 pieces (110g)	80	5	0.5	1	0	0	0	0	0	460	19	18	6	2	8	15	1	0	4	2	4
Calabrese Antipasto Salad	1/4 cup (40g)	110	100	11	17	2.5	13	0	10	3	430	18	1	0	1	4	0	3	0	0	4	0
Chopped Giardiniera	3 Tbsp (30g)	60	50	6	9	0.5	3	0	0	0	510	21	2	1	1	4	1	0	0	0	2	2
Ciliegini Fresh Mozzarella	3 pieces (28g)	70	45	5	8	3	15	0	20	7	45	2	0	0	0	0	0	5	4	0	15	0
Chopped Olive Tapenade	3 Tbsp (30g)	110	110	12	18	1.5	8	0	0	0	290	12	1	0	0	0	0	0	2	2	4	0
Cornichons	6 each (30g)	5	0	0	0	0	0	0	0	0	280	12	0	0	0	0	0	0	2	4	0	0
Curried Pickled Cauliflower	2 pieces (28g)	15	0	0	0	0	0	0	0	0	200	8	3	1	1	4	2	0	2	20	2	0
Dolmas (Stuffed Grape Leaves)	1 each (30g)	40	15	2	3	0	0	0	0	0	170	7	5	2	1	4	0	1	0	2	2	0
Green Pepper Shooters with Ham & Mozzarella	1 each (34g)	120	35	4	6	1.5	8	0	10	3	390	16	2	1	0	0	2	3	0	0	10	0
Grilled Artichokes	5 pieces (130g)	220	160	18	28	1.5	8	0	0	0	910	38	12	4	5	20	3	3	0	0	4	6
Italian Garlic Mushrooms	1 oz (28g)	20	10	1	2	0	0	0	0	0	160	7	2	1	1	4	0	1	0	2	2	4

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	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Marinated Artichoke Quarters with Herbs	3/4 cup (130g)	70	25	2.5	4	0	0	0	0	0	960	40	8	3	5	20	3	3	0	0	6	6
Marinated Red Beets	1/2 Cup (85g)	30	15	1.5	2	0	0	0	0	0	340	14	4	1	1	4	3	1	0	0	2	4
Mushrooms and Red Peppers	1/2 cup (100g)	130	100	11	17	1.5	8	0	0	0	270	11	6	2	2	8	3	1	0	10	0	6
Peppadew Sweet Piquante Peppers	1/3 cup (30g)	35	0	0	0	0	0	0	0	0	65	3	8	3	0	0	6	0	0	50	0	0
Roasted Garlic Cloves	9 pieces (30g)	60	10	1	2	0	0	0	0	0	65	3	10	3	1	4	0	2	0	15	6	2
Roasted Red Peppers	1 each (60g)	10	0	0	0	0	0	0	0	0	400	17	2	1	2	8	2	0	60	0	0	0
Roasted Red Tomatoes	6 pieces (30g)	45	30	3.5	5	0	0	0	0	0	120	5	3	1	1	4	2	<1	4	2	0	2
Roasted Red Tomato Bruschetta	2 Tbsp (30g)	45	30	3.5	5	0	0	0	0	0	180	8	3	1	1	4	2	0	4	2	4	0
Spicy Tapenade	1/4 cup (30g)	30	25	2.5	4	0	0	0	0	0	480	20	2	1	0	0	0	0	0	2	0	0
Caramelized Onions	2 Tbsp (30g)	130	80	9	14	0.5	3	0	0	0	340	14	13	4	1	4	8	1	0	10	2	2
Castelvetrano Tapenade	3 Tbsp (30g)	60	50	6	9	0	0	0	0	0	110	5	3	1	1	4	1	1	0	0	15	6
Mini Dolmas	1 piece (15g)	20	10	1	2	0	0	0	0	0	90	4	3	1	0	0	0	0	0	0	0	0
Teriyaki Mushrooms	3 Pieces (30g)	15	0	0	0	0	0	0	0	0	460	19	2	1	1	4	1	1	0	0	0	2
Marinated Sundried Tomatoes	2 pieces (12g)	30	5	0	0	0	0	0	0	0	150	6	5	2	1	4	4	1	0	0	2	4
Lemon Feta Salad	1/2 cup (100g)	270	230	26	40	4.5	23	0	15	5	2130	89	5	2	0	0	0	5	0	0	8	0
Organic Antipasto	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)
Organic Vegetable Bean Medley	1/2 cup (85g)	90	25	2.5	4	0	0	0	0	0	130	5	15	5	3	12	5	3	6	15	4	4
<b>Selections vary by store and seasonality.</b>																						
Red & Yellow Pepper Strips	1/2 cup (30g)	10	0	0	0	0	0	0	0	0	200	8	1	0	1	3	1	0	30	20	0	0