

Mediterranean Bar Nutrition Facts

Selections vary by store and seasonality



Antipasto	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Baby Artichoke Hearts in Oil	5 pieces (130g)	190	17	22	1.5	8	0	0	0	1080	47	7	3	7	25	1	0	0	3	0	4	6	8
Caramelized Onion Jam	30g	80	3.5	4	0	0	0	0	0	220	10	10	4	2	7	8	8	16	0	0	2	0	2
Castelvetrano Tapenade	3 Tbsp (30g)	60	6	8	0	0	0	0	0	110	5	3	1	1	4	1	0	0	1	0	15	6	2
Chopped Giardiniera	3 Tbsp (30g)	60	6	8	0.5	3	0	0	0	510	22	2	1	1	4	1	0	0	0	0	0	0	2
Chopped Olive Tapenade	3 Tbsp (30g)	110	12	15	1.5	8	0	0	0	290	13	1	0	0	0	0	0	0	0	0	4	0	0
Ciliegini Fresh Mozzarella	3 pieces (28g)	70	5	6	3.5	18	0	15	5	65	3	1	0	0	0	0	0	0	5	0	8	0	0
Cornichons	1 oz (28g)	15	0	0	0	0	0	0	0	230	10	1	0	0.5	2	0	0	0	0.5	0	0	0	0
Dolmas (Stuffed Grape Leaves)	1 each (30g)	40	2	3	0	0	0	0	0	170	7	5	2	1	4	0	0	0	1	0	2	0	0
Gigandes Beans	110g	250	20	26	3	15	0	0	0	350	15	14	5	5	18	2	0	0	5	0	4	6	6
Green Pepper Shooters with Ham & Mozzarella	1 each (34g)	45	2.5	3	1.5	8	0	10	3	360	16	2	1	0	0	1	0	0	4	0	10	0	2
Italian Garlic Mushrooms	1 oz (28g)	20	1	1	0	0	0	0	0	160	7	2	1	1	4	0	0	0	1	0	2	6	0
Roasted Italian Roma Tomatoes	1/3 cup (40g)	30	2	3	0	0	0	0	0	250	11	3	1	1	4	2	0	0	1	0	4	0	4
Marinated Artichoke Quarters with Herbs	3/4 cup (130g)	30	2	3	0	0	0	0	0	250	11	3	1	1	4	2	0	0	1	0	4	0	4
Mini Dolmas	1 piece (15g)	20	1	1	0	0	0	0	0	90	4	3	1	0	0	0	0	0	0	0	0	0	0
Peppadew Sweet Piquante Peppers	1/3 cup (30g)	35	0	0	0	0	0	0	0	65	3	8	3	0	0	6	6	12	0	0	0	0	2
Peruvian Pearls	1/8 cup (30g)	25	0	0	0	0	0	0	0	55	2	4	1	1	4	3	2	4	1	0	0	0	2
Roasted Garlic Cloves	9 pieces (30g)	60	1	1	0	0	0	0	0	65	3	10	4	1	4	0	0	0	2	0	4	6	2
Roasted Red & Yellow Pepper Strips	30g	10	0	0	0	0	0	0	0	200	9	1	0	1	4	1	0	0	0	0	0	0	2
Roasted Red Tomatoes	6 pieces (30g)	45	3.5	4	0	0	0	0	0	120	5	3	1	1	4	2	0	0	1	0	0	0	4
Dips & Spreads	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Basil Pesto	2 oz (57g)	190	18	23	3	15	0	15	5	370	16	2	1	0	0	0	0	0	4	0	10	6	2
Tomato Bruschetta	2 Tbsp (30g)	30	2.5	3	0	0	0	0	0	150	7	1	0	0	0	1	0	0	0	0	0	0	2