

Mediterranean Wellness Value Meal

Nutrition Facts	
Serving Size 1 each (416g)	
Servings Per Container 1	
Amount Per Serving	
Calories 280	Calories from Fat 5
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Potassium 710mg	20%
Total Carbohydrate 40g	13%
Dietary Fiber 8g	31%
Sugars 7g	
Protein 9g	
Vitamin A 15%	• Vitamin C 35%
Calcium 10%	• Iron 15%
Thiamin 6%	• Riboflavin 6%
Niacin 6%	• Vitamin B6 10%
Folacin 10%	• Vitamin B12 0%
Phosphorus 20%	• Zinc 4%
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4