

Miss Olives Southwest
style Bean and Grain Bowl

Nutrition Facts

1 servings per container

Serving size 1 Tray (198g)

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 390mg **17%**

Total Carbohydrate 42g **15%**

Dietary Fiber 11g **39%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 2.7mg **15%**

Potassium 600mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.