

# Nutrition Facts for Nourish Bowl

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 12g		<b>15%</b>	<b>Total Carb.</b> 90g
Saturated Fat 1.5g		<b>9%</b>	Fiber 15g	<b>61%</b>
<i>Trans</i> Fat 0g			Total Sugars 10g	
<b>Cholesterol</b> 0mg		<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 180mg		<b>7%</b>	<b>Protein</b> 23g	
Vitamin D 0% · Calcium 20% · Iron 45% · Potassium 45%				

Serving size: 1 Portion

**Calories** **540**  
per serving

## Ingredients

Quinoa, Beets, Radishes, Kale, Celery Root, Butternut Squash, Kale (Shredded), Pumpkin Seeds

## Contains

TREE NUTS, CELERY

## Characteristics

Vegan · Gluten Free · Dairy Free · Corn Free · Peanut Free