

Nutrition Facts for Mediterranean Pot

| Nutrition Facts | Amount/serving | % DV | Amount/serving | % DV |
|--------------------------------|---|------------|---------------------------|------------------------|
| | Total Fat 9g | | 11% | Total Carb. 71g |
| | Saturated Fat 2.5g | 12% | Fiber 5g | 21% |
| | <i>Trans</i> Fat 0g | | Total Sugars less than 1g | |
| Serving size: 1 Portion | Cholesterol 185mg | 62% | Incl. 0g Added Sugars | 0% |
| Calories per serving | Sodium 800mg | 32% | Protein 18g | |
| 430 | Vitamin D 6% · Calcium 6% · Iron 20% · Potassium 8% | | | |

Ingredients

Couscous, Eggs (Hardboiled), Pepperocini (peppers, water, vinegar, salt, sodium bisulfite (as a preservative), sodium benzoate (as a preservative), yellow #5 (to preserve color).), Tomatoes, Olives Black (olives, ripe, canned (small-extra large).), Spinach

Contains

EGGS, WHEAT, CEREALS CONTAINING GLUTEN

Characteristics

Vegetarian · Dairy Free · Corn Free · Tree Nut Free · Peanut Free