

Nutrition Facts for Ancient Grain Bowl

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 20g		25%	Total Carb. 149g
	Saturated Fat 3g	14%	Fiber 20g	79%
	<i>Trans</i> Fat 0g		Total Sugars 6g	
Serving size: 1 Portion	Cholesterol 15mg	4%	Incl. 0g Added Sugars	0%
	Sodium 160mg	6%	Protein 23g	
Calories per serving	870			
	Vitamin D 0% · Calcium 6% · Iron 40% · Potassium 20%			

Ingredients

Ancient Grain Blend, Brussels Sprouts, Beets, Sweet Potatoes, Mayonnaise, Sour Cream, Whole Buttermilk, Lemons, Parsley, Scallions, Tarragon Dry

Contains

MILK, EGGS

Characteristics

Vegetarian · Gluten Free · Corn Free · Tree Nut Free · Peanut Free