

Nutrition Facts for Arugula & Pear Salad

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	Total Fat 25g	32%	Total Carb. 26g
Saturated Fat 6g		28%	Fiber 4g	17%
<i>Trans</i> Fat 0g			Total Sugars 17g	
Cholesterol 20mg		6%	Incl. 8g Added Sugars	15%
Calories per serving	350	Sodium 300mg	12%	Protein 7g
Vitamin D 0% · Calcium 15% · Iron 8% · Potassium 10%				

Ingredients

Arugula, Pears, Grapes, Mayonnaise, Pomegranate Seeds (pomegranates, raw.), Blue Cheese, Pecans, Honey, Apple Cider Vinegar, Red Wine Vinegar, White Sugar, Greek Yogurt, Poppy Seeds, Beets, Onion Powder, White Pepper, Red Onions, Bay Leaves - Dry

Contains

MILK, EGGS, PECANS

Characteristics

Vegetarian · Gluten Free · Corn Free · Peanut Free