

# Nutrition Facts for Spiced Carrot Bowl

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	<b>Total Fat</b> 29g	<b>36%</b>	<b>Total Carb.</b> 81g
Saturated Fat 2.5g		14%	Fiber 16g	64%
<i>Trans</i> Fat 0g			Total Sugars 31g	
<b>Cholesterol</b> 0mg		<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Calories</b> per serving	<b>590</b>	<b>Sodium</b> 600mg	<b>24%</b>	<b>Protein</b> 13g
Vitamin D 0% · Calcium 10% · Iron 30% · Potassium 30%				

## Ingredients

Rainbow Carrots, Farro, Dates, Olives Green, Peppadew (peppers, hot chili, red, raw; peppers, jalapeno, raw.), Blend Oil 80/20, Almonds Sliced, Lemon Juice, Sumac, Dijon Mustard, Mint, Parsley, Cumin Ground

## Contains

ALMONDS, WHEAT, CEREALS CONTAINING GLUTEN, MUSTARD

## Characteristics

Vegan · Dairy Free · Corn Free · Peanut Free