

## Nutrition Facts

### **Tabouleh**

Serving Size:	5.745 ounces
Serving Per Container:	20 Servings

	<b>Amount Per Serving</b>	<b>% Daily*</b>
Calories	160 Kc	
Calories from fat	104 Kc	
Total Fat	12 Gm	18%
➤ Saturated Fat	2 Gm	10%
Cholesterol	0 mg	0%
Sodium	709 mg	0%
Total Carbohydrate	14 Gm	5%
➤ Fiber	3 Gm	12%
➤ Sugars	1 Gm	
Protein	3 Gm	

<b>Vitamin A</b>	<b>27%</b>	<b>Vitamin C</b>	<b>125%</b>
<b>Calcium</b>	<b>8%</b>	<b>Iron</b>	<b>35%</b>

\*Percent Daily Values are based on 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less then	65g	80g
➤ Sat Fat	Less then	20g	25g
Cholesterol	Less then	300mg	300mg
Sodium	Less then	2400mg	2400mg
Total Carbohydrate		300g	375g
➤ Fiber		25g	30g

<b>Calories Per Gram</b>	
Fat	9
Carbohydrates	4
Protein	4