

Tabitha's Tabouli

Nutrition Facts

6 servings per container

Serving size 1 cup (38g)

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 13g 17%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 600mg 26%

Total Carbohydrate 41g 15%

Dietary Fiber 10g 36%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0.1mcg 0%

Calcium 330mg 25%

Iron 5.4mg 30%

Potassium 870mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: TOMATOES, CUCUMBER, BULGUR, DRY, PARSLEY, FETA (PASTEURIZED MILK, NONFAT MILK, SALT, CHEESE CULTURE, ENZYMES, CALCIUM CHLORIDE), DEHYDRATED ONION, LEMON JUICE, OLIVE OIL, SALT, BLACK PEPPER, DRIED MINT

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