

Nutrition Facts per 1 container (375 g): **Calories** 140,
Fat 13 g (20 %), **Saturated Fat** 1.5 g + **Trans Fat** 0.1 g (8 %), **Cholesterol** 0 mg
Sodium 190 mg (8 %), **Carbohydrate** 6 g (2 %), **Fibre** 1 g (4 %), **Sugars** 2 g,
Protein 1 g, **Vit A** (4 %), **Vit C** (2 %), **Calcium** (2 %), **Iron** (4 %). % = % Daily Value

Ingredients: Lemon Olive Dressing (Lemon Juice, Grapeseed Oil, Olive Oil, Honey, Kosher Salt), Barley, Arugula, White Beans, Chicken Breast, Romaine Lettuce, Tomato, Radish

Contains: Barley

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