



## ASIAN LO MEIN SALAD

**½ CUP SERVING**

<b>Nutrition Facts</b>			
Serving Size 65.00 gram(s) (65g)			
Amount Per Serving			
<b>Calories</b>	125	<b>Calories from Fat</b>	15
% Daily Value			
<b>Total Fat</b>	1.7g		3 %
Saturated Fat	0.5g		3 %
Trans Fat	0.0g		
<b>Cholesterol</b>	20.8mg		7 %
<b>Sodium</b>	181.7mg		8 %
<b>Total Carbohydrate</b>	23.1g		8 %
Dietary Fiber	1.5g		6 %
Sugars	3.1g		
<b>Protein</b>	5.0g		
Vitamin A	28 %	Calcium	2 %
Vitamin C	12 %	Iron	6 %

**¼ CUP SERVING**

<b>Nutrition Facts</b>			
Serving Size 32.50 gram(s) (33g)			
Amount Per Serving			
<b>Calories</b>	62	<b>Calories from Fat</b>	8
% Daily Value			
<b>Total Fat</b>	0.8g		1 %
Saturated Fat	0.3g		1 %
Trans Fat	0.0g		
<b>Cholesterol</b>	10.4mg		3 %
<b>Sodium</b>	90.8mg		4 %
<b>Total Carbohydrate</b>	11.5g		4 %
Dietary Fiber	0.7g		3 %
Sugars	1.6g		
<b>Protein</b>	2.5g		
Vitamin A	14 %	Calcium	1 %
Vitamin C	6 %	Iron	3 %

### INGREDIENT STATEMENT:

**Cooked Linguini, Carrots, Green & Red Peppers, Soy Sauce, Mushrooms, Honey, Onions, Ginger, Toasted Sesame Oil, Water, Garlic, Chives**