NUTRITIONAL INFORMATION

MEDITERRANEAN ORZO SALAD

Nutrition Facts / Valeur nutritive Per 1/2 cup (140 g) / pour 1/2 tasse (140 g)	
Calories 250	% Daily Value* / % valeur quotidienne*
Total Fat / Lipides 12 g	17 %
Saturated / saturés 1 g + Trans / trans 0.1 g	6 %
Carbohydrate / Glucides 28 g	
Fibre / Fibres 4 g	13 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	
Sodium 360 mg	17 %
Potassium 550 mg	16 %
Calcium 40 mg	3 %
Iron / Fer 3 mg	17 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

INGREDIENTS: Cooked orzo (water, orzo, canola oil) • Farm Boy Greek Dressing (sunflower oil, vinegar, water, extra virgin olive oil, oregano, dehydrated garlic,sea salt, garlic essence) • Sweet peppers • Red onions • Sundried tomatoes (sundried tomatoes, sulphites) • Artichoke hearts (artichoke hearts, water, salt, citric acid) • Capers (capers, water, salt, vinegar, acetic acid, calcium chloride, ascorbic acid) • Green onion • Parsley • Oregano.

CONTAINS: Wheat • Sulphites.

MAY CONTAIN: Peanuts • Tree nuts • Sesame • Eggs • Milk • Fish • Shellfish • Soy • Mustard.

If there are any issues please visit **farmboy.ca**/contact-us/ to enter your contact information including a phone number, so that a member of our team can reach out to you.