

# JERUSALEM SALAD

## Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

<b>Calories</b>	30.3
<b>Total Fat</b>	2.2 g
Saturated Fat	0.3 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	40.5 mg
<b>Potassium</b>	173.7 mg
<b>Total Carbohydrate</b>	4.9 g
Dietary Fiber	1.4 g
Sugars	0.0 g
<b>Protein</b>	1.5 g
Vitamin A	29.0 %
Vitamin B-12	0.0 %
Vitamin B-6	5.0 %
Vitamin C	75.7 %
Vitamin D	0.0 %
Vitamin E	1.5 %
Calcium	1.0 %
Copper	2.7 %
Folate	4.0 %
Iron	2.0 %
Magnesium	2.6 %
Manganese	4.8 %
Niacin	2.0 %
Pantothenic Acid	1.7 %
Phosphorus	2.1 %
Riboflavin	1.9 %
Selenium	0.3 %
Thiamin	3.0 %
Zinc	1.0 %

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