

SPICY OLIVE SALAD

Nutrition Facts

32 Servings

Amount Per Serving: ½ pint

Calories	177.1
Total Fat	17.7 g
Saturated Fat	2.4 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	12.8 g
Cholesterol	0.0 mg
Sodium	1,232.8 mg
Potassium	166.0 mg
Total Carbohydrate	6.8 g
Dietary Fiber	3.5 g
Sugars	2.4 g
Protein	1.6 g
Vitamin A	17.4 %
Vitamin B-12	0.0 %
Vitamin B-6	4.6 %
Vitamin C	12.2 %
Vitamin D	0.0 %
Vitamin E	2.4 %
Calcium	4.9 %
Copper	7.0 %
Folate	1.2 %
Iron	5.1 %
Magnesium	3.5 %
Manganese	3.2 %
Niacin	3.0 %
Pantothenic Acid	0.6 %
Phosphorus	1.6 %
Riboflavin	2.1 %
Selenium	2.0 %
Thiamin	2.0 %
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.