

TABBOULEH

Nutrition Facts

8 Servings

Amount Per Serving: ½ pint

Calories	293.7
Total Fat	7.4 g
Saturated Fat	1.1 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	5.1 g
Cholesterol	0.0 mg
Sodium	601.2 mg
Potassium	254.8 mg
Total Carbohydrate	5.3 g
Dietary Fiber	1.6 g
Sugars	0.7 g
Protein	1.3 g
Vitamin A	58.5 %
Vitamin B-12	0.0 %
Vitamin B-6	3.6 %
Vitamin C	90.5 %
Vitamin D	0.0 %
Vitamin E	3.3 %
Calcium	4.9 %
Copper	3.6 %
Folate	13.8 %
Iron	11.9 %
Magnesium	5.1 %
Manganese	4.3 %
Niacin	2.9 %
Pantothenic Acid	2.0 %
Phosphorus	2.7 %
Riboflavin	2.8 %
Selenium	0.3 %
Thiamin	3.2 %
Zinc	2.6 %

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