

NUTRITIONAL FACTS

POSHI

Asparagus with Rosemary and Oregano

ASPARAGUS Rosemary & Oregano

6oz

Nutrition Facts				
2 servings per container				
Serving size 2/3 cup (85g)				
	Per Serving		Per Container	
Calories		30		60
		%DV*		%DV*
Total Fat	0g	0%	0.5g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	210mg	9%	420mg	18%
Total Carb.	4g	1%	8g	3%
Dietary Fiber	2g	8%	5g	18%
Total Sugars	1g		2g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	3g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	26mg	2%	50mg	4%
Iron	0.6mg	4%	1.2mg	6%
Potassium	200mg	4%	400mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Green asparagus, cane vinegar, salt, extra virgin olive oil, lime juice, citric acid, lime zest, garlic, basil, oregano, black ground pepper, parsley, rosemary and thyme.

NUTRITIONAL FACTS

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Artichoke with Basil and Thyme

ARTICHOKES

Basil & Thyme

6oz

Nutrition Facts				
2 servings per container				
Serving size 1/2 cup (85g)				
	Per Serving		Per Container	
Calories	25		50	
		%DV*		%DV*
Total Fat	0g	0%	0.5g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	240mg	10%	470mg	21%
Total Carb.	5g	2%	10g	4%
Dietary Fiber	2g	9%	5g	18%
Total Sugars	<1g		2g	
incl. Added Sugars	0g	0%	0g	0%
Protein	1g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	25mg	2%	50mg	4%
Iron	0.3mg	2%	0.5mg	2%
Potassium	110mg	2%	220mg	4%

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Ingredients: Artichoke, cane vinegar, salt, extra virgin olive oil, lime juice, citric acid, onion, garlic, thyme, basil, lime zest, dill, ascorbic acid.

NUTRITIONAL FACTS

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Cauliflower with Salt and Pepper

CAULIFLOWER

Salt & Black Pepper

6oz

Nutrition Facts			
2 servings per container			
Serving size		2/3 cup (85g)	
	Per Serving	Per Container	
Calories	20	40	
	%DV*	%DV*	
Total Fat	0g 0%	0g	0%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	210mg 9%	420mg	18%
Total Carb.	4g 1%	6g	2%
Dietary Fiber	2g 7%	4g	16%
Total Sugars	<1g	2g	
incl. Added Sugars	0g 0%	0g	0%
Protein	1g 2%	3g	5%
Vitamin D	0mcg 0%	0mcg	0%
Calcium	55mg 4%	110mg	8%
Iron	0.2mg 2%	0.4mg	2%
Potassium	90mg 2%	190mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cauliflower, cane vinegar, lactic acid, calcium chloride, ascorbic acid, black ground pepper.

NUTRITIONAL FACTS

POSHI

Flame Roasted Red Pepper with Olive Oil

RED PEPPERS

Fire Roasted

8oz

Nutrition Facts				
About 2.5 servings per container				
Serving size 1/3 cup (85g) drained				
	Per Serving		Per Container	
Calories		35		90
		%DV*		%DV*
Total Fat	1.5g	2%	3.5g	5%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	230mg	10%	610mg	27%
Total Carb.	5g	2%	13g	5%
Dietary Fiber	2g	7%	5g	18%
Total Sugars	3g		8g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	0g		1g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	33mg	2%	87mg	6%
Iron	0.3mg	2%	0.8mg	4%
Potassium	140mg	2%	360mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Red peppers, extra virgin olive oil, citric acid, calcium chloride, cane vinegar.

NUTRITIONAL FACTS

POSHI

Mediterranean Three Bean Salad

MEDITERRANEAN THREE BEAN SALAD

6oz

Nutrition Facts				
Serving size 1 container (170g)				
	Per 2/3 cup (100g)		Per Serving Per Container	
Calories	100		160	
		%DV*		%DV*
Total Fat	1g	1%	1.5g	2%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	260mg	11%	450mg	20%
Total Carb.	17g	6%	28g	10%
Dietary Fiber	7g	26%	12g	44%
Total Sugars	1g		2g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	5g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	24mg	2%	40mg	4%
Iron	0.9mg	4%	1.4mg	8%
Potassium	180mg	4%	300mg	6%

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Ingredients: Red kidney beans, green beans cuts, chickpeas, red peppers cuts, cane vinegar, citric acid, calcium chloride, lactic acid.