

# NUTRITIONAL FACTS

POSHI

## Asparagus & Artichoke Salad

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 package (125 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 380mg	16%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0.8mg	4%
Potassium 190mg	4%

\*The % Daily Values (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:** Artichoke, green asparagus, red pepper, distilled vinegar, sea salt, extra virgin olive oil, citric acid, garlic powder, oregano, lactic acid, cumin, parsley, paprika, thyme, dehydrated basil, turmeric flour.

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## Riced Heart of Palm

<b>Nutrition Facts</b>	
about 2.5 servings per container	
<b>Serving size</b>	<b>1/2 Cup (85g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 160mg	<b>4%</b>

\*The % Daily Values (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:** Hearts of palm, lactic acid.