

**Mixed Salad**  
**1 CUP RECIPE**

**Nutrition Facts**

Serving Size: 1 CUP RECIPE  
Serving per Container: 1

Amount Per Serving

Calories: 18 Calories from Fat 2

	% Daily Value <sup>2</sup>
<b>Total Fat 0.2g</b>	0%
Saturated Fat 0.0g	0%
Trans Fat *N/A*	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 9mg</b>	0%
<b>Total Carbohydrate 3.7g</b>	1%
Dietary Fiber 1.4g	4%
<b>Protein 1.0g</b>	2%

Vitamin A 12% Vitamin C 11%

Calcium 2% Iron 2%

<sup>2</sup> Percent Daily Values are based on a 2,000 calorie diet.

\*N/A\* denotes a nutrient that is either missing or incomplete.

Ingredients: Tomatoes, Cucumbers,  
Iceberg Lettuce, Carrots, Red Cabbage

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.