

Blueberry Cantaloupe Caprese Salad

Nutrition Facts

4 servings per container

Serving size (298g)

Amount Per Serving

Calories **460**

% Daily Value*

Total Fat 29g **37%**

Saturated Fat 16g **80%**

Trans Fat 1g

Cholesterol 105mg **35%**

Sodium 1630mg **71%**

Total Carbohydrate 18g **7%**

Dietary Fiber 2g **7%**

Total Sugars 14g

Includes 0g Added Sugars **0%**

Protein 34g

Vitamin D 0.5mcg 2%

Calcium 590mg 45%

Iron 0.9mg 6%

Potassium 430mg 10%

Vitamin A 1450mcg 160%

Vitamin C 47mg 50%

Vitamin E 0.5mg 4%

Vitamin K 19mcg 15%

Thiamin 0.1mg 8%

Riboflavin 0.4mg 30%

Niacin 1.1mg 8%

Vitamin B6 0.1mg 8%

Folate 35mcg DFE 8%

Vitamin B12 2.6mcg 110%

Pantothenic Acid 0.3mg 6%

Phosphorus 420mg 35%

Magnesium 40mg 10%

Zinc 3.6mg 35%

Selenium 20mcg 35%

Copper 0.1mg 10%

Manganese 0.2mg 10%

* 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.