

Golden Green Salad Full (without dressing)	
Nutrition Facts	
Serving Size	1 Bowl
Calories	506
Total Fat	30 grams
Cholesterol	15 mg.
Sodium	739 mg.
Total Carbohydrate	30 mg.
Dietary Fiber	11 grams
Sugar	1 grams
Protein	19 grams
Vitamin D	0 mcg.
Calcium	71 mg.
Iron	2 mg.
Potassium	312 mg.
Vitamin A	0 mcg.
Vitamin C	0 mg.
Folate	21 mcgDFE

Golden Green Salad Half (without dressing)	
Nutrition Facts	
Serving Size	1 Bowl
Calories	252.87
Total Fat	14.93 grams
Cholesterol	7.35 mg.
Sodium	369.47 mg.
Total Carbohydrate	15.13 mg.
Dietary Fiber	5.40 grams
Sugar	0.39 grams
Protein	9.36 grams
Vitamin D	0 mcg.
Calcium	35.42 mg.
Iron	1.20 mg.
Potassium	155.89 mg.
Vitamin A	0.00 mcg.
Vitamin C	0.03 mg.
Folate	10.5 mcgDFE

Ingredients

Arugula, quinoa, marinated chickpeas, bacon, avocado, dried apricot, toasted almonds, green onion