

Nutrition Facts

Tabouli

Serving Size: cup (80g)

Amount Per Serving

Calories 68

Calories from Fat 32

% Daily Value*

Total Fat 3.6g

6%

Saturated Fat 0.5g

3%

Polyunsaturated Fat 0.4g

Monounsaturated Fat 2.5g

Cholesterol 0mg

0%

Sodium 522mg

22%

Potassium 130.5mg

4%

Total Carbohydrates 8.5g

3%

Dietary Fiber 2.4g

10%

Sugars 0.7g

Protein 1.6g

Vitamin A

14%

Vitamin C

16%

Calcium

2.1%

Iron

8%

* Percent Daily Values are based on a 2000 calorie diet.

Tabouleh