



**HEART HEALTHY  
NUTRITIONAL DATA**

# Salute | items that fit Eat Fit criteria



## Balsamic Grilled Chicken

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (359 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>450</b>
<b>% Daily Value *</b>	
<b>Total Fat 26g</b>	<b>33%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 140mg</b>	<b>47%</b>
<b>Sodium 130mg</b>	<b>6%</b>
<b>Total Carbohydrate 12g</b>	<b>5%</b>
Dietary Fiber 2g	<b>9%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>5%</b>
<b>Protein 41g</b>	<b>82%</b>
Vitamin D 0.13mcg	0%
Calcium 50mg	4%
Iron 2mg	9%
Potassium 1000mg	21%
<small>*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.</small>	

**Ingredients:** chicken breast, vegetable side, house balsamic dressing

# Salute | items that fit Eat Fit criteria



## Blackened Scallops

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 plate (252 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value *</b>	
<b>Total Fat 5g</b>	<b>7%</b>
Saturated Fat 1g	4%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 360mg</b>	<b>16%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 12g</b>	<b>25%</b>
Vitamin D 0.02mcg	0%
Calcium 50mg	4%
Iron 1mg	7%
Potassium 600mg	13%

\*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.

**Ingredients:** vegetable side, scallops, lettuce, olive oil, salt-free blackened seasoning

# Salute | items that fit Eat Fit criteria



## Blackened Seared Tuna

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 plate (254 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value *</b>	
<b>Total Fat 5g</b>	<b>7%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>11%</b>
<b>Sodium 105mg</b>	<b>5%</b>
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 23g</b>	<b>46%</b>
Vitamin D 1mcg	7%
Calcium 40mg	3%
Iron 2mg	9%
Potassium 800mg	18%
<small>*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.</small>	

**Ingredients:** vegetable side, tuna, lettuce, balsamic teriyaki glaze, olive oil, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Brown Rice Side

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 side (114 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value *</b>	
<b>Total Fat 1g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 24g</b>	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars less than 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 3g</b>	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.73mg	4%
Potassium 200mg	3%

\*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.

**Ingredients:** brown rice, onion, garlic, squash, zucchini, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Caprese Salad

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 plate (246 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value *</b>	
<b>Total Fat 22g</b>	<b>28%</b>
Saturated Fat 8g	<b>42%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 200mg</b>	<b>9%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>1%</b>
<b>Protein 16g</b>	<b>33%</b>
Vitamin D 0.04mcg	0%
Calcium 330mg	26%
Iron 1mg	8%
Potassium 400mg	9%
<small>*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.</small>	

**Ingredients:** lettuce, mozzarella, tomatoes, balsamic dressing, red onion, green onion

# Salute | items that fit Eat Fit criteria



## Grilled Eggplant with Vegetable Primavera

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (308 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value *</b>	
<b>Total Fat 16g</b>	<b>21%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 19g</b>	<b>7%</b>
Dietary Fiber 7g	<b>26%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2mg	11%
Potassium 700mg	16%

\*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.

**Ingredients:** eggplant, squash, zucchini, marinara sauce, carrots, almonds, basil, olive oil

# Salute | items that fit Eat Fit criteria



## Grilled Filet with Veggies

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (347 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>420</b>
<b>% Daily Value *</b>	
<b>Total Fat 14g</b>	<b>18%</b>
Saturated Fat 3g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 440mg</b>	<b>19%</b>
<b>Total Carbohydrate 41g</b>	<b>15%</b>
Dietary Fiber 6g	<b>23%</b>
Total Sugars 9g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein 37g</b>	<b>73%</b>
Vitamin D 0.09mcg	0%
Calcium 50mg	4%
Iron 6mg	31%
Potassium 700mg	16%
<small>*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.</small>	

**Ingredients:** vegetable side, steak, whole wheat bread

# Salute | items that fit Eat Fit criteria



## Grilled Flounder Mediterranean

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (518 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>500</b>
<b>% Daily Value *</b>	
<b>Total Fat 9g</b>	<b>11%</b>
Saturated Fat 1g	6%
<i>Trans Fat 0g</i>	
<b>Cholesterol 145mg</b>	<b>48%</b>
<b>Sodium 750mg</b>	<b>33%</b>
<b>Total Carbohydrate 37g</b>	<b>13%</b>
Dietary Fiber 12g	44%
Total Sugars 18g	
Includes 0g Added Sugars	
<b>Protein 57g</b>	<b>115%</b>
Vitamin D 0.01mcg	0%
Calcium 100mg	8%
Iron 2mg	12%
Potassium 1400mg	30%
<small>*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.</small>	

**Ingredients:** flounder, lettuce, sundried tomatoes, artichoke hearts, garlic, capers, mushrooms, olives, olive oil

# Salute | items that fit Eat Fit criteria



## Grilled Shrimp Salad

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (352 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value *</b>	
<b>Total Fat 12g</b>	<b>16%</b>
Saturated Fat 5g	<b>27%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 150mg</b>	<b>50%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 5g	<b>16%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 20g</b>	<b>39%</b>
Vitamin D 0.14mcg	0%
Calcium 260mg	20%
Iron 2mg	11%
Potassium 600mg	12%
<small>*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.</small>	

**Ingredients:** lettuce, shrimp, tomatoes, gouda cheese, red onion, olive oil, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Grilled Shrimp Skewer

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 plate (251 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value *</b>	
<b>Total Fat 7g</b>	<b>8%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol 115mg</b>	<b>39%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 12g</b>	<b>24%</b>
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 0.92mg	5%
Potassium 500mg	10%
<small>*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.</small>	

**Ingredients:** vegetable side, shrimp, lettuce, olive oil, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Grilled Smoked Salmon and Shrimp Plate

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (341 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value *</b>	
<b>Total Fat 20g</b>	<b>25%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 170mg</b>	<b>56%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 30g</b>	<b>59%</b>
Vitamin D 9mcg	47%
Calcium 50mg	4%
Iron 1mg	8%
Potassium 800mg	17%

\*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.

**Ingredients:** vegetable side, salmon, shrimp, lettuce, tomato aioli, salt-free blackening seasoning, olive oil

# Salute | items that fit Eat Fit criteria



## Grilled Smoked Salmon

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 plate (255 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value *</b>	
<b>Total Fat 18g</b>	<b>23%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 20g</b>	<b>39%</b>
Vitamin D 9mcg	47%
Calcium 50mg	4%
Iron 1mg	7%
Potassium 800mg	16%

\*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.

**Ingredients:** vegetable side, salmon, lettuce, tomato aioli, salt-free blackening seasoning, olive oil

# Salute | items that fit Eat Fit criteria



## Harvest Chicken Salad

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (235 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>640</b>
<b>% Daily Value *</b>	
<b>Total Fat 47g</b>	<b>60%</b>
Saturated Fat 10g	<b>52%</b>
Trans Fat 0g	
<b>Cholesterol 105mg</b>	<b>35%</b>
<b>Sodium 490mg</b>	<b>21%</b>
<b>Total Carbohydrate 25g</b>	<b>9%</b>
Dietary Fiber 4g	<b>13%</b>
Total Sugars 16g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein 31g</b>	<b>61%</b>
Vitamin D 0.3mcg	0%
Calcium 230mg	17%
Iron 2mg	9%
Potassium 600mg	12%

\*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.

**Ingredients:** chicken breast, balsamic dressing, artichoke hearts, blue cheese, almonds, raisins, mushrooms

# Salute | items that fit Eat Fit criteria



## Impossible Burger

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (451 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>630</b>
<b>% Daily Value *</b>	
<b>Total Fat 19g</b>	<b>25%</b>
Saturated Fat 8g	<b>41%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 740mg</b>	<b>32%</b>
<b>Total Carbohydrate 83g</b>	<b>30%</b>
Dietary Fiber 12g	<b>44%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>9%</b>
<b>Protein 34g</b>	<b>68%</b>
Vitamin D 0mcg	0%
Calcium 220mg	17%
Iron 7mg	42%
Potassium 1000mg	22%
<small>*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.</small>	

**Ingredients:** brown rice side, impossible burger, 100% whole wheat bread, eggplant, red onion, lettuce, tomatoes, brown rice flour

# Salute | items that fit Eat Fit criteria



## Large House Salad

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 salad with dressing (295 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value *</b>	
<b>Total Fat 27g</b>	<b>34%</b>
Saturated Fat 8g	<b>38%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>16%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 4g	<b>15%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>5%</b>
<b>Protein 10g</b>	<b>21%</b>
Vitamin D 0.23mcg	0%
Calcium 270mg	21%
Iron 2mg	12%
Potassium 600mg	12%
<small>*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.</small>	

**Ingredients:** lettuce, tomatoes, balsamic dressing, gouda cheese, red onion

# Salute | items that fit Eat Fit criteria



## Seared Tuna Salad

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (396 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>440</b>
<b>% Daily Value *</b>	
<b>Total Fat 30g</b>	<b>39%</b>
Saturated Fat 8g	<b>42%</b>
Trans Fat 0g	
<b>Cholesterol 110mg</b>	<b>37%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 32g</b>	<b>63%</b>
Vitamin D 2mcg	9%
Calcium 280mg	22%
Iron 3mg	17%
Potassium 1000mg	21%

\*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.

**Ingredients:** lettuce, tuna, tomatoes, tomato aioli, gouda cheese, red onion, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Shrimp Mediterranean Salad

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (404 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value *</b>	
<b>Total Fat 5g</b>	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 155mg</b>	<b>52%</b>
<b>Sodium 720mg</b>	<b>31%</b>
<b>Total Carbohydrate 39g</b>	<b>14%</b>
Dietary Fiber 13g	<b>45%</b>
Total Sugars 18g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 17g</b>	<b>34%</b>
Vitamin D 0.01mcg	0%
Calcium 100mg	8%
Iron 2mg	13%
Potassium 500mg	12%

\*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.

**Ingredients:** lettuce, shrimp, sundried tomatoes, artichoke hearts, garlic, capers, mushrooms, olives, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Smoked Salmon Aioli

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (344 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value *</b>	
<b>Total Fat 20g</b>	<b>26%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 95mg</b>	<b>31%</b>
<b>Sodium 105mg</b>	<b>5%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 36g</b>	<b>73%</b>
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 3mg	15%
Potassium 1300mg	28%
<small>*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.</small>	

**Ingredients:** salmon, vegetable side, olive oil, lettuce, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Smoked Salmon Salad

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (396 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>530</b>
<b>% Daily Value *</b>	
<b>Total Fat 41g</b>	<b>53%</b>
Saturated Fat 11g	<b>55%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 125mg</b>	<b>42%</b>
<b>Sodium 320mg</b>	<b>14%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 28g</b>	<b>57%</b>
Vitamin D 10mcg	49%
Calcium 290mg	22%
Iron 3mg	15%
Potassium 900mg	20%
<small>*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.</small>	

**Ingredients:** lettuce, salmon, tomatoes, tomato aioli, gouda cheese, red onion, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Vegan Hamburger Steak Plate

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (381 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value *</b>	
<b>Total Fat 15g</b>	<b>20%</b>
Saturated Fat 8g	<b>41%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 40g</b>	<b>15%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 4g	
Contains less than 1g Added Sugars	<b>1%</b>
<b>Protein 25g</b>	<b>50%</b>
Vitamin D 0mcg	0%
Calcium 250mg	19%
Iron 6mg	33%
Potassium 1200mg	25%

\*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.

**Ingredients:** brown rice side, Impossible burger, broccoli, tomatoes, red onion, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Vegetable Side

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 portion (157 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value *</b>	
<b>Total Fat 2.5g</b>	<b>3%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>0%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 2g</b>	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 0.67mg	4%
Potassium 400mg	9%
<small>*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.</small>	

**Ingredients:** squash, zucchini, carrots, onion, garlic, olive oil, salt-free blackening seasoning

# Salute | items that fit Eat Fit criteria



## Vegetarian Bolognese

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 entree (284 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value *</b>	
<b>Total Fat 15g</b>	<b>19%</b>
Saturated Fat 8g	<b>41%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 460mg</b>	<b>20%</b>
<b>Total Carbohydrate 36g</b>	<b>13%</b>
Dietary Fiber 6g	<b>20%</b>
Total Sugars 3g	
Contains less than 1g Added Sugars	<b>1%</b>
<b>Protein 22g</b>	<b>44%</b>
Vitamin D 0mcg	0%
Calcium 210mg	16%
Iron 5mg	28%
Potassium 800mg	17%

\*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.

**Ingredients:** brown rice side, Impossible burger, fresh tomatoes, tomato filets, red onions