

GEM – Food Nutrition Facts

Nutrition Facts	
Servings Per Container 1	
1 Large 16 oz Container	
Calories 352	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 263 mg	11 %
Potassium 425 mg	12 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	21 %
Sugars 2 g	
Protein 9 g	19 %
Vitamin A	20 %
Vitamin C	15 %
Calcium	10 %
Iron	18 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Arugula & Local Mushroom Salad

Nutrition Facts	
Servings Per Container 1	
1 Large 16 oz Container	
Calories 218	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 113 mg	5 %
Potassium 433 mg	12 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	15 %
Sugars 4 g	
Protein 2 g	5 %
Vitamin A	26 %
Vitamin C	51 %
Calcium	9 %
Iron	11 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Celery Salad

Nutrition Facts	
Servings Per Container 1	
1 Large 16 oz Container	
Calories 199	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 476 mg	20 %
Potassium 411 mg	11 %
Total Carbohydrate 17 g	4 %
Dietary Fiber 5 g	20 %
Sugars 5 g	
Protein 5 g	11 %
Vitamin A	59 %
Vitamin C	166 %
Calcium	10 %
Iron	8 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Chopped Veggie Salad (lg)

Nutrition Facts	
Servings Per Container 1	
1 Small 8 oz Container	
Calories 122	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat <1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 290 mg	12 %
Potassium 251 mg	8 %
Total Carbohydrate 10 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	11 %
Vitamin A	36 %
Vitamin C	101 %
Calcium	6 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Chopped Veggie Salad (sm)

GEM – Food Nutrition Facts

Nutrition Facts	
Servings Per Container 1	
1 Large 16 oz Container	
Calories 230	
% Daily Value *	
Total Fat 17 g	25 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 140 mg	6 %
Potassium 749 mg	22 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	22 %
Sugars 8 g	
Protein 7 g	14 %
Vitamin A	246 %
Vitamin C	168 %
Calcium	21 %
Iron	19 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Dandelion & Kale Salad

Nutrition Facts	
Servings Per Container 8	
Serving Size 2 Tablespoons	
Calories 111	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 232 mg	10 %
Potassium 7 mg	0 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	0 %
Sugars 6 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	0 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Dijon Kale Salad Dressing

Nutrition Facts	
Servings Per Container 4	
Serving Size 2.8 oz	
Calories 86	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat <1 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 195 mg	8 %
Potassium 130 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	11 %
Sugars <1 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	5 %
Calcium	2 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Hummus

Nutrition Facts	
Servings Per Container 1	
1 Large 16 oz Container	
Calories 215	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 311 mg	13 %
Potassium 871 mg	25 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 7 g	26 %
Sugars 11 g	
Protein 8 g	16 %
Vitamin A	335 %
Vitamin C	340 %
Calcium	26 %
Iron	14 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Kale Salad

GEM – Food Nutrition Facts

Nutrition Facts	
Servings Per Container 1	
1 Large 16 oz Container	
Calories 226	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat <1 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 359 mg	15 %
Potassium 381 mg	10 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 6 g	24 %
Sugars 5 g	
Protein 8 g	16 %
Vitamin A	133 %
Vitamin C	152 %
Calcium	11 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Kale/Quinoa Salad

Nutrition Facts	
Servings Per Container 1.	
Serving size 12 oz Container	
Calories 197	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 441 mg	18 %
Potassium 689 mg	20 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 12 g	49 %
Sugars 5 g	
Protein 13 g	25 %
Vitamin A	64 %
Vitamin C	12 %
Calcium	4 %
Iron	20 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Lentil Soup

Nutrition Facts	
Servings Per Container 1	
Serving size 12 oz Container	
Calories 70	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 341 mg	14 %
Potassium 454 mg	13 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	15 %
Sugars 4 g	
Protein 3 g	7 %
Vitamin A	138 %
Vitamin C	106 %
Calcium	8 %
Iron	7 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

MVP Soup

Nutrition Facts	
Servings Per Container 4	
Serving Size 2 Tablespoons	
Calories 27	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 158 mg	7 %
Potassium 17 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 1 g	1 %
Vitamin A	1 %
Vitamin C	7 %
Calcium	1 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Pesto

GEM – Food Nutrition Facts

Nutrition Facts	
Servings Per Container 4	
Serving Size 1.6 oz	
Calories 16	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 152 mg	6 %
Potassium 193 mg	6 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 1 g	1 %
Vitamin A	13 %
Vitamin C	23 %
Calcium	1 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Pico De Gallo

Nutrition Facts	
Servings Per Container 2	
Serving Size 5.85 oz	
Calories 131	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 219 mg	9 %
Potassium 45 mg	1 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 3 g	13 %
Sugars 1 g	
Protein 5 g	9 %
Vitamin A	4 %
Vitamin C	20 %
Calcium	1 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Quinoa (lg)

Nutrition Facts	
Servings Per Container 1	
1 Small 8 oz Container	
Calories 147	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 246 mg	10 %
Potassium 50 mg	1 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	14 %
Sugars 1 g	
Protein 5 g	10 %
Vitamin A	5 %
Vitamin C	22 %
Calcium	1 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Quinoa (sm)

Nutrition Facts	
Servings Per Container 1	
Serving size 12 oz Container	
Calories 167	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 331 mg	14 %
Potassium 464 mg	13 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 5 g	19 %
Sugars 5 g	
Protein 6 g	12 %
Vitamin A	86 %
Vitamin C	116 %
Calcium	16 %
Iron	9 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Raw Collard Wraps

GEM – Food Nutrition Facts

Nutrition Facts	
Servings Per Container 4	
Serving Size 2 Tablespoons	
Calories 251	
% Daily Value *	
Total Fat 27 g	41 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 14 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 165 mg	7 %
Potassium 133 mg	4 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 1 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	0 %
Iron	8 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Spicy Vegan Ranch Dip

Nutrition Facts	
Servings Per Container 1	
Serving size 12 oz Container	
Calories 219	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 80 mg	2 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 4 g	15 %
Sugars 20 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Steel Cut Oatmeal

Nutrition Facts	
Servings Per Container 2	
Serving Size 6.9 oz	
Calories 207	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 235 mg	10 %
Potassium 486 mg	14 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 9 g	38 %
Sugars 7 g	
Protein 9 g	19 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	6 %
Iron	12 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

3 Bean Salad (lg)

Nutrition Facts	
Servings Per Container 1	
1 Small 8 oz Container	
Calories 223	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 253 mg	11 %
Potassium 523 mg	15 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 10 g	41 %
Sugars 8 g	
Protein 10 g	20 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	7 %
Iron	13 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

3 Bean Salad (sm)

GEM – Food Nutrition Facts

Nutrition Facts	
Servings Per Container 1	
Serving size 12 oz Container	
Calories 147	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 473 mg	20 %
Potassium 445 mg	13 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 11 g	44 %
Sugars 3 g	
Protein 10 g	21 %
Vitamin A	42 %
Vitamin C	23 %
Calcium	7 %
Iron	19 %
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	

White Bean & Kale Soup