

Bubble Bee
Mediterranean Bowl

Nutrition Facts

1 servings per container

Serving size 1 Bowl (170g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 570mg **25%**

Total Carbohydrate 20g **7%**

Dietary Fiber 6g **21%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 12g **22%**

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 1.2mg **6%**

Potassium 440mg **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.