



Rainbow Mason Jar Salad

Honey, lemon juice, oil (canola/olive blend), salt, celery, shelled edamame, [chickpeas](#), radishes, bell peppers, grape tomatoes, cooked quinoa, [feta](#), purple cabbage, mixed greens

Nutrition information based on 1 jar.

Nutrition Facts	
Rainbow Mason Jar Salad	
1 serving per container	
Serving Size	1.00 each
Amount per serving	
Calories	404
%Daily Value*	
Total Fat 28g	36%
Saturated Fat 4.5g	23%
Trans Fat 0.2g	
Cholestrol 16mg	6%
Sodium 623mg	27%
Total Carbohydrate 30g	11%
Dietary Fiber 7.1g	26%
Total Sugars 8.9g	
Includes 0g Added Sugars	0%
Proteins 12g	
Vitamin D 0.1mcg	0%
Calcium 213mg	16%
Iron 2.9mg	16%
Potassium 826mg	18%
Phosphorus 253mg	20%
* 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.	