

## Bulgur Salad with Raisins & Sunflower Seeds

**Nutrition Facts** Serving Size: 0.33 cup (84.88g), Servings Per Container: 1, Amount Per Serving: **Calories** 70, Calories from Fat 10, **Total Fat** 1g (2% DV), Saturated Fat 0g (0% DV), *Trans* Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 14g (5% DV), Dietary Fiber 3g (12% DV), Sugars 3g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (15% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Tap Water; GREEN GIANT Garbanzo Beans, Canned; Green Bell or Sweet Pepper; Bulgur, Dry; Celery; Raisins, Seedless; Lemon Juice; Sunflower Seed Kernels, Oil Roasted, Salted; Ground Black Pepper

