

Harvest Bulgur Salad with Walnuts

Nutrition Facts Serving Size: 0.5 fluid ounce (149.06g), Servings Per Container: 1, Amount Per Serving: **Calories** 160, Calories from Fat 25, **Total Fat** 2.5g (4% DV), Saturated Fat 0g (0% DV), *Trans* Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 15mg (1% DV), **Total Carbohydrate** 31g (10% DV), Dietary Fiber 6g (24% DV), Sugars 8g, **Protein** 6g, Vitamin A (15% DV), Vitamin C (50% DV), Calcium (4% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Tap Water; Bulgur, Dry; Apple; Lemon; Chickpeas, Garbanzo Beans or Bengal Gram, Dry; Parsley, Chopped; Green Bell or Sweet Pepper; Raisins, Seedless; Red Tomato, Diced; English or Persian Walnuts

