

Spring Greens & Grain Bowl

A bowl of quinoa and baby arugula with cabbage, asparagus, grape tomatoes, roasted carrots, radish and artichoke hearts

Recipe Number:	214322
Portion:	1 Bowl
Calories:	500
Protein:	10.0 grams
Carbohydrates:	50.0 grams
Fat:	30.0 grams
Calories From Fat:	270 (54%)
Saturated Fat:	2.5 grams
Trans Fat:	0.0 grams
Polyunsaturated Fat:	9.0 grams
Cholesterol:	0.0 milligrams
Sodium:	660.0 milligrams
Vitamin A:	6008 IU
Vitamin A:	300 micrograms
Vitamin B1:	0.11 milligrams
Vitamin B2:	0.11 milligrams
Vitamin B6:	0.17 milligrams
Vitamin C:	26.2 milligrams
Calcium:	93.8 milligrams
Niacin:	1.1 milligrams
Iron:	3.5 milligrams
Potassium:	720.0 milligrams
Pho:	68.8 milligrams
Dietary Fiber:	8.0 grams

Sugar Added:	0.0 grams
Sugars:	12.0 grams
Magnesium:	139.8 milligrams
Zinc:	0.55 milligrams
Copper:	0.45 milligrams
Vitamin E:	0.00 milligrams
Pantothenic Acid:	0.36 milligrams
Vitamin B12:	0.00 micrograms
Folate:	98.3 micrograms
Vitamin K:	52.9 micrograms
Selenium:	2.15 micrograms
Vitamin D:	0.0 IU
Vitamin D:	0.0 micrograms
Iodine:	0.00 micrograms
Chloride:	0.00 milligrams
Biotin:	0.00 micrograms
Fluoride:	69.85 micrograms
Choline:	27.7 milligrams
Linoleic Acid:	0.13 grams
Manganese:	0.30 milligrams
Molybdenum:	0.00 micrograms
Chromium:	0.00 micrograms
Monounsaturated fatty acids:	15.63 grams
Polyunsaturated fatty acids:	9.47 grams
Contains the following allergens:	No allergens

The nutrient information displayed for Sodexo recipes represents the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD database and additional information from food manufacturers. The data are averages only, and should be used as a guide.

The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.

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