

ORGANIC SALAD BAR															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
0041497237302	ORGANIC 50/50 MIX	1 cup	43	10	0	0	0	0	0	1	1	30	1	2	
0041497237326	ORGANIC BABY ARUGULA	1 cup	43	10	5	0	0	0	0	1	1	15	1	2	
0041497237340	ORGANIC BABY KALE	1 cup	43	15	0	0	0	0	0	1	0	25	2	2	
0041497237333	ORGANIC BABY ROMAINE	1 cup	43	10	0	0	0	0	0	1	1	0	1	1	
0041497237289	ORGANIC BABY SPINACH	1 cup	28	5	0	0	0	0	0	1	0	20	1	1	
0003680012045	ORGANIC BALSAMIC VINEGAR	1 tbsp	15	15	2	0	0	0	0	0	2	0	2	2	
0476000016547	ORGANIC BLACK BEANS	1/2 cup	130	130	0	0	0	0	0	8	1	270	6	23	
0476000016363	ORGANIC BROCCOLI FLORETS	1/2 cup	44	15	0	0	0	0	0	1	1	15	1	3	
0036800166585	ORGANIC CAESAR CROUTONS	2 tbsp	7	30	10	1	0	0	0	1	0	80	0	4	
0036800079427	ORGANIC CAESAR DRESSING	2 tbsp	30	140	140	15	2.5	0	0	0	0	180	0	1	
0476000016455	ORGANIC CANTALOUPE CHUNKS	1/2 cup	80	30	0	0	0	0	0	1	6	10	1	6	
0476000016387	ORGANIC CAULIFLOWER FLORETS	1/2 cup	50	10	0	0	0	0	0	1	1	15	1	2	
0039978008442	ORGANIC CHIA SEEDS	2 tbsp	30	150	70	8	0.5	0	0	7	0	0	12	12	
0476000016554	ORGANIC CHICK PEAS	1/2 cup	130	80	10	1.5	0	0	0	4	2	180	4	14	
0720397950401	ORGANIC CRANBERRIES	2 tbsp	30	100	0	0	0	0	0	0	19	0	2	24	
0078735910141	ORGANIC CROUTONS	2 tbsp	7	30	2	1	0	0	0	1	0	65	0	4	
0476000016394	ORGANIC DICED CELERY	1/2 cup	57	10	0	0	0	0	0	1	1	45	0	2	
0003680025428	ORGANIC DIJON MUSTARD DRESSING	2 tbsp	30	100	0	1.5	0	0	0	0	2	170	0	3	
0041497153985	ORGANIC EXTRA VIRGIN OLIVE OIL	1 tbsp	15	120	120	14	2	0	0	0	0	0	0	0	
0036800254329	ORGANIC FAT-FREE BALSAMIC VINGRETTE	2 tbsp	30	15	0	0	0	0	0	0	2	190	0	0	
0036800079465	ORGANIC FRENCH DRESSING	2 tbsp	30	110	15	1.5	0	0	0	0	4	180	0	4	
0041497204908	ORGANIC GARBANZO BEANS	1/2 cup	130	120	10	1	0	0	0	7	0	140	7	20	
0476000016615	ORGANIC GLUTEN FREE BAKED TOFU	3 oz	85	160	50	9	1.5	0	0	21	0	250	1	1	
0036800329256	ORGANIC GODDESS DRESSING	2 tbsp	30	120	110	12	2	0	0	1	0	450	1	2	
0476000016417	ORGANIC GRAPE TOMATOES	1/2 cup	110	20	0	0	0	0	0	1	3	0	1	4	
0036800254299	ORGANIC GREEK FETA DRESSING	2 tbsp	30	80	70	8	1.5	0	0	1	1	200	0	1	
0476000016516	ORGANIC GREEN OLIVES	1 tbsp	15	20	20	2	0	0	0	0	0	290	0	1	
0476000016318	ORGANIC GREEN PEPPERS	1/2 cup	100	20	0	0	0	0	0	1	2	0	1	5	
0476000016585	ORGANIC HARDCOOKED EGGS	1 each	44	60	35	4	1.5	0	165	6	0	60	0	0	
0036800254282	ORGANIC HONEY MUSTARD DRESSING	2 tbsp	30	100	15	1.5	0	0	0	0	2	170	0	3	
0476000016653	ORGANIC HONEY ROAST SESAME STICKS	1 oz	28	150	0	0	1.5	0	0	2	3	340	1	15	
0476000016462	ORGANIC HONEYDEW CHUNKS	1/2 cup	85	30	0	0	0	0	0	1	7	15	1	8	
0000302438661	ORGANIC ITALIAN PINE NUTS	1 oz	28	170	0	15	1.5	0	0	9	1	0	1	4	
0476000016523	ORGANIC KALAMATA OLIVES	1 tbsp	15	45	40	4.5	0.5	0	0	0	0	220	1	1	
0476000016561	ORGANIC KIDNEY BEANS	1/2 cup	130	130	0	0	0	0	0	9	1	310	10	24	
0084046910000	ORGANIC LEMON AGAVE DRESSING	2 tbsp	30	70	2	5	0.5	0	0	0	7	310	0	7	
0476000016479	ORGANIC MANGO CHUNKS	1/2 cup	83	50	0	0	0	0	0	1	12	0	2	14	
0476000016592	ORGANIC MIXED GRAPES	1/2 cup	140	100	0	0	0	0	0	1	22	0	1	25	
0041497307722	ORGANIC MUSHROOMS	1/2 cup	70	20	5	0	0	0	0	1	2	210	1	4	
0041497215478	ORGANIC PEACHES	1/2 cup	122	50	0	0	0	0	0	0	11	10	0	12	
0004149721550	ORGANIC PEARS	1/2 cup	125	60	0	0	0	0	0	0	0	0	0	0	
0004149721550	ORGANIC PEARS	1/2 cup	125	60	0	0	0	0	0	0	10	5	2	14	
0476000016486	ORGANIC PINEAPPLE CHUNKS	1/2 cup	83	40	0	0	0	0	0	1	8	0	2	15	
0030243878555	ORGANIC PINENUTS	1 oz	30	200	190	21	1.5	0	0	4	1	0	1	1	
0476000016578	ORGANIC PINTO BEANS	1/2 cup	130	120	0	0	0	0	0	7	1	280	5	21	
0005215900001	ORGANIC PLAIN YOGURT	1 CUP	227	160	27	9	5	0	30	8	11	115	0	12	
0036800383807	ORGANIC RAISINS	1 oz	28	90	0	0	0	0	0	1	20	5	1	22	
0036800079458	ORGANIC RANCH DRESSING	2 tbsp	30	120	120	13	2	0	0	1	1	240	2	2	
0036800254336	ORGANIC RASPBERRY VINGRETTE	2 tbsp	30	60	40	4.5	0.5	0	0	0	4	80	0	5	
0476000016356	ORGANIC RED PEPPERS	1/2 cup	100	30	0	0	0	0	0	1	4	0	2	6	
0476000016530	ORGANIC ROASTED RED PEPPERS	2 tbsp	30	5	0	0	0	0	0	0	1	180	0	1	
0640344011500	ORGANIC SALSA	1 tbsp	15	5	0	0	0	0	0	0	0	45	0	1	
0476000016646	ORGANIC SALTED CORN CHIPS W/FLAX	1 oz	28	150	35	10	1.5	0	0	2	0	120	2	13	
0036800166592	ORGANIC SEASONED CROUTONS	2 tbsp	7	30	10	1	0	0	0	1	0	65	0	4	
0476000016639	ORGANIC SESAME STICKS	1 oz	28	140	90	10	1.5	0	0	3	0	360	1	12	
0476000016370	ORGANIC SHREDDED CARROTS	1/2 cup	80	35	0	0	0	0	0	1	4	55	2	8	
0742365606502	ORGANIC SHREDDED MEXICAN CHEESE	1 oz	28	100	60	7	5	0	20	7	0	250	0	1	
0742365606304	ORGANIC SHREDDED MOZZERELLA	1 oz	28	80	50	6	3	0	20	7	0	190	0	2	
0476000016424	ORGANIC SHREDDED RADISHES	1/4 cup	57	10	0	0	0	0	0	1	1	25	1	2	
0476000016431	ORGANIC SHREDDED RED CABBAGE	1/4 cup	25	5	0	0	0	0	0	0	1	5	1	2	
0476000016400	ORGANIC SLICED CUCUMBERS	1/2 cup	52	10	0	0	0	0	0	1	1	0	0	2	
0041497215508	ORGANIC SLICED PEARS	1/2 cup	125	60	0	0	0	0	0	0	10	5	2	14	
0476000016448	ORGANIC SLICED RED ONIONS	1/2 cup	57	25	0	0	0	0	0	1	2	0	1	5	
0476000016301	ORGANIC SPRING MIX	1 cup	28	5	0	0	0	0	0	1	0	10	0	1	
0476000016493	ORGANIC STRAWBERRIES	1/2 cup	113	35	0	0	0	0	0	1	6	0	2	9	
0041497237319	ORGANIC SWEET BABY LETTUCE	1 cup	28	5	0	0	0	0	0	0	0	0	0	1	
0004749718966	ORGANIC SWEET PEAS	1/2 cup	126	100	0	0.5	0	0	0	6	8	420	4	17	
0036800254275	ORGANIC TUSCAN ITALIAN DRESSING	2 tbsp	30	120	120	13	2	0	0	0	1	230	0	2	
0874896000723	ORGANIC VEGETABLE SLAW	1/2 cup	100	30	0	0	0	0	0	1	4	30	2	6	
0476000016509	ORGANIC WATERMELON CHUNKS	1/2 cup	76	20	0	0	0	0	0	1	5	0	0	6	
0003680028091	ORGANIC WHOLE KERNEL CORN	1/2 cup	126	110	0	1.5	0	0	0	3	8	0	3	21	
0840469100077	ORGANICGIRL AVOCADO CILAN. VING.	2 tbsp	30	120	120	13	1.5	0	0	0	1	80	0	2	
0895203001387	ORGANICGIRL BABY KALE	1 cup	43	15	0	0	0	0	0	1	0	25	2	2	
0840469100060	ORGANICGIRL HERB GODDESS VING.	2 tbsp	30	110	100	11	1	0	0	1	1	160	0	3	
0895203001578	ORGANICGIRL PROTEIN GREENS	1 cup	43	15	0	0	0	0	0	2	0	15	1	2	
0895203001295	ORGANICGIRL SUPER GREENS	1 cup	28	5	0	0	0	0	0	1	0	30	1	1	
0895203001448	ORGANICGIRL SUPER SPINACH	1 cup	43	10	0	0	0	0	0	1	1	30	1	2	
0840469100022	ORGANICGIRL WHITE CHEDDAR RANCH	2 tbsp	30	60	45	5	2.5	0	10	2	1	240	0	2	