

Nutrition Action[®]

Nutrition information for 'Tis the Season...

Lemon Parmesan Brussels

SERVES 4

PER SERVING: calories 120 | total fat 9 g | sat fat 2 g | carbs 7 g | fiber 3 g | total sugar 2 g
added sugar 0 g | protein 4 g | sodium 220 mg

Persimmon & Pecan Salad

SERVES 4

PER SERVING: calories 140 | total fat 11 g | sat fat 2.5 g | carbs 11 g | fiber 3 g | total sugar 7 g
added sugar 1 g | protein 3 g | sodium 240 mg

Roasted Roots & Fruits

SERVES 4

PER SERVING: calories 140 | total fat 7 g | sat fat 1 g | carbs 20 g | fiber 4 g | total sugar 14 g
added sugar 0 g | protein 1 g | sodium 160 mg

Roasted Spiced Pumpkin

SERVES 4

PER SERVING: calories 120 | total fat 7 g | sat fat 0.5 g | carbs 14 g | fiber 2 g | total sugar 6 g
added sugar 0 g | protein 2 g | sodium 150 mg

Simple Mashed Sweets

SERVES 4

PER SERVING: calories 120 | total fat 0 g | sat fat 0 g | carbs 29 g | fiber 4 g | total sugar 6 g
added sugar 0 g | protein 2 g | sodium 220 mg

Sparkling Quinoa Salad

SERVES 4

PER SERVING: calories 210 | total fat 9 g | sat fat 1 g | carbs 28 g | fiber 4 g | total sugar 7 g
added sugar 0 g | protein 5 g | sodium 150 mg