



# Nutritional Values: (% based on 2000 calorie diet)

## Sides

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Zinc (%)
<b>Just Fresh Homemade Sides - 1 side cup</b>																	
<b>Oil and Vinegar Slaw</b>	137	135	72	8	0.5	0	160	210	16	3	10	1	45	60	6	4	2
<b>Cucumber Dill Pasta</b>	124	318	52	6	1	<5	260	190	57	3	3	9	4	6	2	15	n/a
<b>Green Pea Salad</b>	137	230	119	13	3.5	20	500	125	21	5	n/a	7	40	15	10	10	n/a
<b>Fresh Cut Fruit</b>	133	55	2	0	0	0	15	290	14	1	12	<1	35	70	2	2	2
<b>Mac 'N' Cheese Cup</b>	142	177	64	7	4.5	10	820	0	21	2	n/a	7	10	0	10	4	n/a
<b>Mac 'N' Cheese Bowl</b>	283	354	128	14	8	25	1640	0	42	3	n/a	14	20	0	25	8	n/a

\* All Just Fresh Nutritional values are estimates based on product information availability and suggested recipe portions. All values have been determined using statistical data provided by manufacturers of products and / or e-nutrition information provided by distributors. These values can vary depending on product substitutions, availability of certain products, seasonality of products, altering of menu recipe, changes in prep recipes and scale variations. Just Fresh does not guarantee 100% accuracy of nutritional values based on these reasons. Further, Just Fresh food products may contain or come in contact with several foods known to be allergens such as tree-nuts, peanuts, wheat products, dairy (milk and eggs), and in some facilities fish and shellfish.