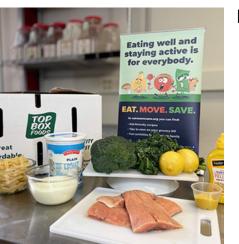


MEAL KIT.

Salmon Pasta Bowl

Recipe adapted from University of Minnesota Extension



Items in Box:

1 lb pasta 32 oz plain yogurt

2 broccoli crowns

1 head of kale

2 lbs salmon

2 lemons

*The nutrition label is based on the provided recipe and not the contents within the box. This is due to the ingredients being subject to change based on source availability.

Nutrition Facts

Serving Size

1 cup (220g)

Amount Per Serving

Calories

360

% Daily Value *		
Total Fat 7g	9%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 50mg	17%	
Sodium 250mg	11%	
Total Carbohydrate 49g	18%	
Dietary Fiber 4g	14%	
Total Sugars 5g		
Includes 0g Added Sugars	0%	
Protein 27g	54%	
Vit. D 0mcg 0% · Calcium 9	Calcium 90mg 6%	
Iron 3.5mg 20% · Potas. 63	0mg 15%	

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.