

## Artichoke & Olive Paella

**Number of Servings: 1 (125.71 g per serving)**

**Weight: 125.71 g**

| Ingredient   | Comments |
|--|----------|
| Peas, garden, fzn                                      |          |
| Onion, yellow, fresh, chpd                             |          |
| Artichokes, hearts, cnd, pieces                        |          |
| Celery, fresh, diced                                   |          |
| Carrots, fresh, chpd                                   |          |
| Tomatoes, red, fresh, year round avg, med slices, 1/4" |          |
| Olives, green, queen, cnd                              |          |
| Tomato Sauce, cnd                                      |          |
| Peppers, bell, green, sweet, fresh, chpd               |          |
| Rice, white, long grain, dry                           |          |
| Water, tap, municipal                                  |          |
| Base, vegetable, w/o msg, low sod, vegetarian, FS      |          |
| Spice, pepper, black                                   |          |
| Salt, table  |          |

| <b>Nutrition Facts</b>   |                              |
|--|------------------------------|
| Serving Size About 1/2 Cup (126g)  |                              |
| Servings Per Container   |                              |
| <b>Amount Per Serving</b>  |                              |
| <b>Calories 120</b>  | <b>Calories from Fat 20</b>  |
| % Daily Value*   |                              |
| <b>Total Fat 2g</b>  | <b>3%</b>                    |
| Saturated Fat 0g   | <b>0%</b>                    |
| Trans Fat 0g   |                              |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                    |
| <b>Sodium 550mg</b>  | <b>23%</b>                   |
| <b>Total Carbohydrate 23g</b>  | <b>8%</b>                    |
| Dietary Fiber 1g   | <b>4%</b>                    |
| Sugars 1g  |                              |
| <b>Protein 2g</b>  |                              |
| Vitamin A 10%  | • Vitamin C 8%               |
| Calcium 0%   | • Iron 6%                    |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                              |
|  | Calories: 2,000    2,500     |
| Total Fat  | Less than 65g    80g         |
| Saturated Fat  | Less than 20g    25g         |
| Cholesterol  | Less than 300mg    300mg     |
| Sodium   | Less than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |

2/3/2009

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