

# Nutrition Information

## Sweet Pumpkin Crunch

### ▼ Nutrition Info

Calories: 83kcal | Carbohydrates: 4g | Protein: 3g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Sodium: 0.3mg | Potassium: 93mg | Fiber: 1g | Sugar: 2g | Vitamin A: 17IU | Vitamin C: 0.5mg | Calcium: 4mg | Iron: 1mg

## Blender Balsamic Vinaigrette

### ▼ Nutrition Info

Calories: 104kcal | Carbohydrates: 3g | Protein: 0.2g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Sodium: 169mg | Potassium: 27mg | Fiber: 0.2g | Sugar: 2g | Vitamin A: 2IU | Vitamin C: 0.5mg | Calcium: 7mg | Iron: 0.2mg