***Nutritional Analysis***

***Seasonal Greens with Tzatziki Sauce (Chicken)***

Per Serving

Calories: 580

Protein: 43 g

Carbohydrates: 61 g

Total Fat: 18 g

(Saturated Fat:) 6 g

Dietary Fiber: 11 g

Cholesterol: 110 mg

Sodium: 890 mg

% calories from fat: 27.9 %

Serving Size:

*One half of the greens mixture over ¾ C. quinoa topped with ½ C. Tzatziki Sauce, 3 oz. chopped tomato and 1-1/2 T. crumbled feta. Serve ½ an orange.*