Dining SERVICES

Quinoa Salad with Asparagus Olives and Feta Cheese

8—4 ounce portions

Quinoa	**2 cup + 1/2 cup**
Grilled Asparagus	**6.5 ounce**
Sliced Ripe Olives	**2.5 ounces**
Red Peppers	**2.5 ounces**
Fresh Basil *Chiffanade*	**1/3 ounce**
Curley Parsley *Chopped fine*	**2 Tablespoon + 1 1/2 teaspoon**
Crumbled Feta Cheese	**4 ounce**
Balsamic Vinaigarette Dressing	**1/2 cup**

1. **Combine and mix well**
2. **Hold for service**

Quinoa Salad w/ Asparagus, Olive & Feta
4 oz portion

Nutrition Facts

Serving Size 4 oz portion (115g)
Serving Per Container1

Amount Per Serving	
Calories 130	Calories from Fat 70
	% Daily Values*
Total Fat 8g	**12%**
Saturated Fat 3g	**14%**
Trans Fat 0	%
Polyunsaturated Fat 0.5g	%
Monounsaturated Fat 2.5g	%
Cholesterol 15mg	**5%**
Sodium 620mg	**26%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 3g	**10%**
Sugars 4g	%
Protein 5g	**11%**

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	
Vitamin E 0%	•	Vitamin B6 0%	

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4