

EAT.
MOVE.
SAVE.

MEAL KIT.

Salmon Pasta Bowl

Recipe adapted from University of Minnesota Extension



Items in Box:

- 1 lb pasta
- 32 oz plain yogurt
- 2 lbs salmon
- 2 broccoli crowns
- 1 head of kale
- 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 90mg 6%

Iron 3.5mg 20% · Potas. 630mg 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.