

Lemon Herb Couscous

Nutrition Facts	
Amount per	
1 serving (12 oz)	339 g
Calories 369	From Fat 79
% Daily Value*	
Total Fat 8.8g	13%
Saturated Fat 2.1g	10%
Trans Fat 0g	
Cholesterol 186mg	62%
Sodium 451mg	19%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 60g	119%
Vitamin A 9% • Vitamin C 15%	
Calcium 5% • Iron 20%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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Herbed Chickpea Salad Dressing

Nutrition Facts	
Amount per	
1 serving (3 oz)	85 g
Calories 94	From Fat 75
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1109mg	46%
Total Carbohydrates 4g	1%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 1g	2%
Vitamin A 10% • Vitamin C 7%	
Calcium 6% • Iron 5%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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Herbed Chickpea Salad

Nutrition Facts	
Amount per	
1 serving (9.8 oz)	278 g
Calories 126	From Fat 51
% Daily Value*	
Total Fat 5.8g	9%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 83mg	3%
Total Carbohydrates 17g	6%
Dietary Fiber 5g	21%
Sugars 6g	
Protein 5g	9%
Vitamin A 105% • Vitamin C 65%	
Calcium 8% • Iron 13%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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Chicken Keftedes

Nutrition Facts	
Amount per	
1 serving (5 oz)	143 g
Calories 179	From Fat 84
% Daily Value*	
Total Fat 9.4g	14%
Saturated Fat 2.6g	13%
Trans Fat 0.1g	
Cholesterol 98mg	33%
Sodium 666mg	28%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 20g	41%
Vitamin A 8% • Vitamin C 18%	
Calcium 3% • Iron 9%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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Sauteed Vegetables for Chicken Keftedes

Nutrition Facts	
Amount per	
1 serving (7.1 oz)	200 g
Calories 82	From Fat 39
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 94mg	4%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	7%
Sugars 5g	
Protein 3g	6%
Vitamin A 15% • Vitamin C 77%	
Calcium 2% • Iron 4%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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Cannellini Bean Falafel

Nutrition Facts	
Amount per	
1 serving (5.6 oz)	159 g
Calories 240	From Fat 67
% Daily Value*	
Total Fat 7.6g	12%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 322mg	13%
Total Carbohydrates 33g	11%
Dietary Fiber 10g	41%
Sugars 2g	
Protein 12g	24%
Vitamin A 14% • Vitamin C 14%	
Calcium 11% • Iron 24%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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