

# Mediterranean Bar Nutrition Facts

<b>Mediterranean Bar</b> Selections vary by store and seasonality.	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
<b>Antipasto</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Baby Artichoke Hearts in Oil	5 pieces (130g)	190	17	22	1.5	8	0	0	0	1080	47	7	3	7	25	1	0	0	3	0	4	6	8
Castelvetrano Tapenade	3 Tbsp (30g)	60	6	8	0	0	0	0	0	110	5	3	1	1	4	1	0	0	1	0	15	6	2
Chopped Olive Tapenade	3 Tbsp (30g)	110	12	15	1.5	8	0	0	0	290	13	1	0	0	0	0	0	0	0	0	4	0	0
Ciliegini Fresh Mozzarella	1 oz (28g)	70	5	6	3.5	18	0	15	5	65	3	1	0	0	0	0	0	0	5	0	8	0	0
Cornichons	1 oz (28g)	15	0	0	0	0	0	0	0	230	10	1	0	1	4	0	0	0	1	0	0	0	0
Dolmas (Stuffed Grape Leaves)	1 each (30g)	40	2	3	0	0	0	0	0	180	8	5	2	1	4	1	0	0	1	0	2	0	0
Gigandes Beans	1/3 cup (90g)	250	20	26	3	15	0	0	0	350	15	14	5	5	18	2	0	0	5	0	2	6	6
Green Pepper Shooters with Ham & Mozzarella	1 each (40g)	45	2.5	3	1.5	8	0	10	3	360	16	2	1	0	0	1	0	0	4	0	6	0	2
Italian Garlic Mushrooms	1 oz (28g)	15	1	1	0	0	0	0	0	70	3	1	0	0	0	0	0	0	0	0	0	0	2
Marinated Artichoke Quarters with Herbs	3/4 cup (130g)	70	2.5	3	0	0	0	0	0	960	42	8	3	5	18	3	0	0	3	0	4	6	8
Mini Dolmas	1 piece (15g)	20	1	1	0	0	0	0	0	90	4	3	1	0	0	0	0	0	0	0	0	0	0
Mozzarella Tomato Salad	3 oz (85g)	160	12	15	4.5	23	0	20	7	280	12	6	2	1	4	4	0	0	7	0	10	6	8
Orange Pepperbella	1/3 cup (30g)	20	0	0	0	0	0	0	0	150	7	5	2	0	0	5	5	10	0	0	0	0	2
Peppadew Sweet Piquante Peppers	1/3 cup (30g)	35	0	0	0	0	0	0	0	65	3	8	3	0	0	6	6	12	0	0	0	0	2
Peppers Stuffed w/Cream Cheese	1 Pepper (28g)	35	1.5	2	1	5	0	5	2	125	5	1	0	0	0	3	0	0	1	0	0	0	0
Peppers Stuffed w/Garlic & Herb Cheese	1 Pepper (28g)	35	1.5	2	1	5	0	5	2	125	5	1	0	0	0	3	0	0	1	0	0	0	0
Peruvian Pearls	1/8 cup (30g)	25	0	0	0	0	0	0	0	55	2	4	1	1	4	3	2	4	1	0	0	0	2
Roasted Garlic Cloves	9 pieces (30g)	60	1	1	0	0	0	0	0	65	3	10	4	1	4	0	0	0	2	0	4	0	2
Roasted Red & Yellow Pepper Strips	1/2 cup (30g)	10	0	0	0	0	0	0	0	200	9	1	0	1	4	1	0	0	0	0	0	0	2
Roasted Red Tomatoes	6 pieces (30g)	45	3.5	4	0	0	0	0	0	120	5	3	1	0	0	2	0	0	0	0	0	6	4

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<b>Dips &amp; Spreads</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichoke Pesto	1/4 cup (57g)	170	16	21	2	10	0	5	2	390	17	5	2	1	4	1	0	0	3	0	6	6	2
Basil Pesto	2 oz (57g)	190	18	23	3	15	0	15	5	370	16	2	1	0	0	0	0	0	4	0	10	6	2
Red Pepper Pesto	1/4 cup (57g)	140	13	17	2	10	0	5	2	320	14	3	1	1	4	2	0	0	3	0	6	2	2
Tomato Bruschetta	2 Tbsp (30g)	30	2.5	3	0	0	0	0	0	150	7	1	0	0	0	1	0	0	0	0	0	0	2



<b>Olives</b> Selections vary by store and seasonality.	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
<b>Olive Salads</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Amore Italian Salad	3 oz (85g)	180	15	19	3.5	18	0	10	3	1220	53	6	2	3	11	3	1	2	5	0	6	4	4
Calabrese Salad Kit	1/4 cup (40g)	110	11	14	2.5	13	0	10	3	460	20	1	0	1	4	0	0	0	3	0	4	0	0
Danny's Favorite Olive Mix	2/3 cup (85g)	210	20	26	1.5	8	0	5	2	1690	73	7	3	1	4	0	0	0	1	0	0	6	0
Greek Feta Salad	1 oz (28g)	70	7	9	1	5	0	5	2	520	23	1	0	0	0	0	0	0	2	0	2	0	0
Greek Olive Mix - Pitted	3 olives (15g)	35	3.5	4	0	0	0	0	0	230	10	1	0	0	0	0	0	0	0	0	0	0	0
Hot Pitted Olive Salad	2/3 cup (113g)	110	9	12	1.5	8	0	0	0	210	9	8	3	3	11	0	0	0	0	0	0	0	0
Italian Olive Mix - Pitted	1/2 cup (82g)	260	26	33	4	20	0	0	0	2410	105	7	3	6	21	4	2	4	1	0	0	6	0
Lemon Feta Salad	1/2 cup (100g)	270	26	33	4.5	23	0	15	5	2130	93	5	2	0	0	0	0	0	5	0	6	0	2
Mediterranean Favorites Tray/ Appetizer	3 oz (85g)	150	12	15	2	10	0	5	2	850	37	8	3	2	7	3	2	4	2	0	4	6	2
Melissa's An ipasto Salad	3 oz (85g)	150	13	17	4	20	0	15	5	940	41	5	2	1	4	2	1	2	4	0	8	6	2
Olive Jubilee - Pitted	4 olives (16g)	30	3	4	0.5	3	0	0	0	300	13	1	0	0	0	0	0	0	0	0	0	0	0
Olive Jubilee & Cheese Cube Salad	3 oz (85g)	220	20	26	8	40	0	25	8	1240	54	3	1	0	0	0	0	0	7	0	15	0	0
Provolini Antipasti	2/3 cup (110g)	200	17	22	7	35	0	20	7	1240	54	6	2	0	0	1	0	0	7	0	20	10	2
Sangria Olive Mix	3 olives (15g)	25	1.5	2	0	0	0	0	0	85	4	3	1	1	4	2	2	4	0	0	0	0	0