



### Zucchini Pomodoro Veggie Noodles

Tomatoes and garlic make a quick, rich sauce for zucchini noodles topped with gluten free breadcrumbs.

**Nutrition Facts** Serv. Size: 7 oz (198g), Servings: 2, Amount Per Serving: **Calories** 60, Fat Cal. 0, **Total Fat** 0.5g (1% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 12g (4% DV), Fiber 2g (8% DV), Sugars 5g, **Protein** 3g, Vitamin A (15% DV), Vitamin C (60% DV), Calcium (4% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Sweet & Spicy Butternut Squash Veggie Noodles

Butternut squash noodles, edamame, and cilantro with a carrot-ginger sauce and fiery Sriracha.

**Nutrition Facts** Serv. Size: 6 oz (170g), Servings: 2, Amount Per Serving: **Calories** 120, Fat Cal. 15, **Total Fat** 1.5g (2% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 22g (7% DV), Fiber 4g (16% DV), Sugars 7g, **Protein** 5g, Vitamin A (250% DV), Vitamin C (45% DV), Calcium (8% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Turnip Lo Mein Veggie Noodles

Turnips, cabbage, carrots, and a garlicky gluten-free pepper sauce make this ode to classic veggie lo mein.

**Nutrition Facts** Serv. Size: (147g), Servings: 2, Amount Per Serving: **Calories** 70, Fat Cal. 15, **Total Fat** 2g (3% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 190mg (8% DV), **Total Carb.** 13g (4% DV), Fiber 3g (12% DV), Sugars 7g, **Protein** 3g, Vitamin A (50% DV), Vitamin C (60% DV), Calcium (8% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Alfredo Zucchini Veggie Noodles

Zucchini, peas, and spinach are transformed into an Italian favorite, thanks to our cheesy, creamy cashew-based Alfredo sauce.

**Nutrition Facts** Servings: 2, **Serv. Size: 6.5 oz (188g)**, Amount Per Serving: **Calories** 50, **Total Fat** 1.5g (2% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 90mg (4% DV), **Total Carb.** 8g (3% DV), Fiber 3g (11% DV), Total Sugars 4g (Incl. 0g Added Sugars, 0% DV), **Protein** 3g, Vit. D (0% DV), Calcium (4% DV), Iron (8% DV), Potas. (10% DV).



### Chili Cilantro Cauliflower Rice

Tender corn, salsa verde and chili powder with fresh cilantro and pumpkin seeds make this Southwestern-inspired cauliflower rice.

**Nutrition Facts** Serv. Size: 7.25 oz (206g), Servings: 2, Amount Per Serving: **Calories** 350, Fat Cal. 60, **Total Fat** 7g (11% DV), Sat. Fat 1g (5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 650mg (27% DV), **Total Carb.** 65g (22% DV), Fiber 10g (40% DV), Sugars 6g, **Protein** 11g, Vitamin A (20% DV), Vitamin C (70% DV), Calcium (4% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Broccoli Fried Cauliflower Rice

Broccoli florets, scallions and sesame-tamari sauce are stir-fried for a quick fried rice style dish.

**Nutrition Facts** Serv. Size: 1/2 Kit (164g), Servings: 2, Amount Per Serving: **Calories** 140, Fat Cal. 100, **Total Fat** 11g (17% DV), Sat. Fat 1.5g (8% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 600mg (25% DV), **Total Carb.** 9g (3% DV), Fiber 3g (12% DV), Sugars 3g, **Protein** 4g, Vitamin A (8% DV), Vitamin C (150% DV), Calcium (4% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Risotto-Style Cauliflower Rice

Brussels sprouts, English peas, mint and parmesan cheese make a bright cauliflower-based risotto.

**Nutrition Facts** Serv. Size: 6 oz (170g), Servings: 2, Amount Per Serving: **Calories** 120, Fat Cal. 40, **Total Fat** 4.5g (7% DV), Sat. Fat 2.5g (13% DV), **Trans Fat** 0g, **Cholest.** 10mg (3% DV), **Sodium** 250mg (10% DV), **Total Carb.** 13g (4% DV), Fiber 5g (20% DV), Sugars 4g, **Protein** 10g, Vitamin A (15% DV), Vitamin C (150% DV), Calcium (20% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Thai Coconut Curry Cauliflower Rice

Green beans, garlic and a gingery coconut sauce make Thai-inspired vegetarian cauliflower curry.

**Nutrition Facts** Serv. Size: 7 oz (198g), Servings: 2, Amount Per Serving: **Calories** 150, Fat Cal. 80, **Total Fat** 9g (14% DV), Sat. Fat 1g (5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 330mg (14% DV), **Total Carb.** 18g (6% DV), Fiber 4g (16% DV), Sugars 8g, **Protein** 3g, Vitamin A (110% DV), Vitamin C (80% DV), Calcium (6% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Kale & Tahini Cauliflower Rice Salad

Crisp cauliflower rice, red cabbage, and shredded kale, spring to life thanks to a lemon tahini dressing, sun-dried tomatoes, and pumpkin seeds.

**Nutrition Facts** Serv. Size: 5.5 oz (158g), Servings: 2, Amount Per Serving: **Calories** 230, Fat Cal. 140, **Total Fat** 15g (23% DV), Sat. Fat 1.5g (8% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 210mg (9% DV), **Total Carb.** 21g (7% DV), Fiber 4g (16% DV), Sugars 10g, **Protein** 7g, Vitamin A (60% DV), Vitamin C (150% DV), Calcium (8% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Pineapple Fried Cauliflower Rice

Ginger scallion and garlic chili sauces transform cauliflower rice, pineapple, and plenty of cilantro, into a flavor-packed, Thai-inspired veggie fried rice.

**Nutrition Facts** Serv. Size: 7 oz (198g), Servings: 2, Amount Per Serving: **Calories** 150, Fat Cal. 80, **Total Fat** 9g (14% DV), Sat. Fat 1g (5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 330mg (14% DV), **Total Carb.** 18g (6% DV), Fiber 4g (16% DV), Sugars 8g, **Protein** 3g, Vitamin A (110% DV), Vitamin C (80% DV), Calcium (6% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

# urban roots SIDES, SALSAS & SNACKS

## NUTRITIONAL INFO



### Mexican Street Corn

Corn cobs get slathered with a creamy cotija pepita sauce, sprinkled with tangy tajin, squeezed with lime, and finished with fresh cilantro.

**Nutrition Facts** Serv. Size: 2 pieces (142g), Servings: 2, Amount Per Serving: **Calories** 230, Fat Cal. 140, **Total Fat** 15g (23% DV), Sat. Fat 2.5g (13% DV), **Trans Fat** 0g, **Cholesterol** 15mg (5% DV), **Sodium** 270mg (11% DV), **Total Carb.** 25g (8% DV), Fiber 3g (12% DV), Sugars 9g, **Protein** 5g, Vitamin A (4% DV), Vitamin C (30% DV), Calcium (4% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Salsa Verde

Made fresh everyday combining freshly chopped tomatillos, garlic, Spanish onion, cilantro, and jalapeños.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>	<b>Total Carbohydrate</b> 5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 1g	<b>4%</b>
Trans Fat 0g		Total Sugars 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 540mg	<b>23%</b>	<b>Protein</b> 1g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.4mg 2% • Potassium 190mg 4%			

\*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.



### Medium Homestyle Salsa

A fresh-tasting combination of diced ripe tomatoes, green, red, and jalapeño peppers, cilantro, and onions.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 3g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber <1g	<b>3%</b>
Trans Fat 0g		Total Sugars 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 0g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.2mg 0% • Potassium 110mg 2%			

\*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.



### Pineapple Mango Salsa

A sweet and spicy medley, ripe mango and pineapple are tossed with sharp red onion, a spicy pepper combo, and fresh cilantro, for a tropical twist.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 8g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 1g	<b>4%</b>
Trans Fat 0g		Total Sugars 5g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>	<b>Protein</b> 1g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.1mg 0% • Potassium 80mg 2%			

\*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.



### Hot Homestyle Salsa

Two spicy peppers, jalapeños and habaneros, add heat to this traditional lime-brightened fresh tomato salsa.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 4g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber <1g	<b>3%</b>
Trans Fat 0g		Total Sugars 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 1g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.1mg 0% • Potassium 100mg 2%			

\*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.



### Sugar Snap Peas with Ginger Miso Dip

Sweet and crunchy sugar snap peas pair perfectly with our savory miso-ginger dip.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carbohydrate</b> 7g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 3g	<b>11%</b>
Trans Fat 0g		Total Sugars 5g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 1g Added Sugars	<b>2%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 6g	
Vitamin D 0mcg 0% • Calcium 90mg 8% • Iron 2.3mg 15% • Potassium 10mg 0%			

\*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.



### Crudité with Gotham Greens Vegan Goddess

Assorted freshly sliced veggies lead the way to Gotham Greens bold, dairy-free, but ultra-creamy, basil and scallion spiked, Green Goddess.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 23g	<b>29%</b>	<b>Total Carbohydrate</b> 6g	<b>2%</b>
Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber <1g	<b>2%</b>
Trans Fat 0g		Total Sugars 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>	<b>Protein</b> 0g	
Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 0.2mg 2% • Potassium 120mg 2%			

\*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.



### Carrot & Celery Sticks with Vegan Buffalo Dip

Crisp, freshly sliced carrots and celery love taking a dip in our cauliflower- and almond-based Buffalo dip.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 9g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 3g	<b>11%</b>
Trans Fat 0g		Total Sugars 4g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>	<b>Protein</b> 3g	
Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 0.2mg 2% • Potassium 330mg 6%			

\*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.



### Jicama Sticks with Guacamole

Bright, smooth, and slightly spicy guac meets its match with cool, just slightly sweet jicama planks.

Amount/serving		% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carbohydrate</b> 9g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>	Dietary Fiber 6g	<b>21%</b>
Trans Fat 0g		Total Sugars 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>	<b>Protein</b> 1g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4% • Potassium 230mg 4%			

\*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.