



# SALADS & DIP

*Delightfully fresh, ready to eat!*



Higher Taste's pasta salads & dip have been a Pacific Northwest favorite since 1987 and are a simply delicious way to enjoy a meal on the go! Made fresh from the finest, locally sourced, Non-GMO ingredients, our salads & dip are always ready when you are. Look for them in the refrigerated section of your favorite local grocery store!





## SALADS & DIP



**VEGGIE CHIK SALAD**  
UPC 096636281074

**PESTO PASTA**  
UPC 096636281029

**GREEK ORZO**  
UPC 096636281067

**VEGGIE CHIK DIP**  
UPC 096636281104

Nutrition Facts	
1 serving per container	
<b>Serving size 8 ounces (227g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>390</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 480mg	35%
Iron 7.5mg	40%
Potassium 210mg	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.

Nutrition Facts	
1 serving per container	
<b>Serving size 8 ounces (227g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>360</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 200mg	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.

Nutrition Facts	
1 serving per container	
<b>Serving size 8 oz (227g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 1.9mg	10%
Potassium 160mg	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.

Nutrition Facts	
4 servings per container	
<b>Serving size 2 ounces (57g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 1.8mg	10%
Potassium 40mg	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.

Ingredients: Pasta (Unenriched Durum Wheat Semolina, Water), Baked Tofu (Non-GMO Soybeans, Water, Magnesium Chloride), Celery, Carrots, Red Onion, Vegenaïse (Expeller Pressed Canola Oil, Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate), Preservative Free Soy Sauce (Water, Wheat, Soybeans, Salt), Organic Cane Sugar, Baker's Yeast Extract, Fresh Parsley, Turmeric, Sea Salt, Herbs, Spices. Made In A Facility That Processes Milk & Tree Nuts

Contains: Wheat, Soy

Ingredients: Pasta (Unenriched Durum Wheat Semolina, Water), Red Bell Peppers, Artichoke (Artichoke Hearts, Water, Salt, Citric Acid, Ascorbic Acid), Kalamata Olives, Walnuts, Vegenaïse (Expeller Pressed Canola Oil, Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate), Pesto Base (Basil, Canola Oil, Water, Salt, Dehydrated Garlic, Xanthan Gum), High Oleic Safflower Oil, Nutritional Yeast (Dried Yeast, Niacin, Pyridoxine, Thiamin, Riboflavin, Folic Acid, Cyanocobalamin), Lemon Juice, Garlic, Sea Salt, Spices

Contains: Wheat, Walnut

Ingredients: Pasta (100% Durum Wheat Semolina), Grape Tomatoes, Red Bell Peppers, Green Onions, Feta Cheese (Whole Milk, Salt, Cheese Culture, Enzymes), Extra Virgin Olive Oil, Kalamata Olives, Parmesan Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), High Oleic Safflower Oil, Lemon Juice, Organic Red Wine Vinegar, Sea Salt, Black Pepper. Made In A Facility That Processes Soy & Tree Nuts. May Contain Olive Pits

Contains: Milk, Wheat

Ingredients: Baked Tofu (Soybeans, Water, Magnesium Chloride), Vegenaïse (Expeller-Pressed Canola Oil, Filtered Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate), Panko Breadcrumbs (Wheat Flour, Sugar, Yeast, Soybean Oil), Celery, Carrots, Red Onion, Preservative-Free Soy Sauce (Water, Soybeans, Wheat, Salt), Organic Cane Juice, Baker's Yeast Extract, Mustard (Organic Grain Vinegar, Water, Organic Mustard Seeds, Salt, Spices), Parsley, Turmeric, Spices.

Contains: Wheat, Soy

