





# Butternut Squash "Rotini" Spinach Walnut Quinoa

## Nutrition Facts

Serving Size: 211g | Servings: 4-6

### Amount Per Serving

Calories 240 | Calories from Fat 130 | Total Fat 14g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 210mg | Total Carbohydrate 26g | Dietary Fiber 5g | Sugars 4g | Protein 6g | Vitamin A 180% | Vitamin C 45% | Calcium 8% | Iron 15%