

Meatloaf and Collards IP

Nutrition Facts

Serving Size: 1 package (340g)

Servings Per Container: 1

Amount Per Serving

Calories 340 Calories from Fat 150

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 4.5g **23%**

Trans Fat 0.5g

Cholesterol 175mg **58%**

Sodium 920mg **38%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 36g

Vitamin A 35% • Vitamin C 50%

Calcium 10% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: GROUND BEEF, ZUCCHINI, TOMATOES, HAM, SCALLIONS, APPLE CIDER VINEGAR, CHICKEN STOCK FROM SCRATCH, NO SALT, EGG, COLLARD GREENS, OLIVE OIL, EXTRA VIRGIN, PARSLEY, GARLIC, BLACK PEPPER, KOSHER SALT, ONION POWDER, OREGANO, THYME

CONTAINS: EGG

WHAT'S FOR SUPPER, INC.
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