

Eggplant Parmesan

Heating Instructions: Remove plastic lid.
Heat at 350° for 15-20 minutes or until warm.

Nutrition Facts

Serving Size: 10 oz (255g)

Servings Per Container: Varied

Amount per serving

Calories 400

Calories from Fat 200

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 12g **60%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 1080mg **45%**

Total Carbohydrate 24g **8%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 26g

Vitamin A 20% • Vitamin C 20%

Calcium 70% • Iron 10%

* 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: MARINARA SAUCE, ANGELA MIA, MOZZARELLA (LOW MOISTURE PART-SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR)), EGGPLANT ROUNDS, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), OREGANO, BASIL
CONTAINS: MILK. WHEAT