

Meatloaf with Marinara

Heating Instructions: Remove plastic lid.
Heat at 350° for 12-15 minutes or until warm.

Nutrition Facts

Serving Size: 10 oz (340g)

Servings Per Container: Varied

Amount per serving

Calories 310

Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 7g **35%**

Trans Fat 0.5g

Cholesterol 125mg **42%**

Sodium 700mg **29%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 22g

Vitamin A 6%

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Vitamin C 15%

Calcium 6%

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Iron 15%

* 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: MEATLOAF (GROUND BEEF, GROUND PORK, GROUND VEAL, FRESH BREAD CRUMBS, EGGS, ONION, CELERY, GROUND PORK, VEAL, GROUND, RAW, EGG, WHITE BREAD (ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (FERROUS SULFATE, REDUCED IRON), THIAMINE MONONITRATE RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, SOYBEAN OIL, SUGAR, MALT, DOUGH CONDITIONERS (ASCORBIC ACID, CALCIUM SULFATE, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE (PRESERVATIVE)), ONION, CELERY, RED PEPPERS, GREEN PEPPERS, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), KETCHUP (TOMATO CONCENTRATE FROM RED RIPE TOMATOES. DISTILLED VINEGAR. HIGH FRUCTOSE CORN SYRUP CORN SYRUP SALT. SPICE. ONION POWDER. NATURAL FLAVORING), SALT, GROUND BLACK PEPPER, GARLIC, BASIL, TARRAGON, OREGANO), MARINARA SAUCE, ANGELA MIA
CONTAINS: EGG, WHEAT