

My Own Meal® Florentine Lasagna

Nutrition Facts

Serving Size 1 meal (283g)

Servings Per Container 1

Amount Per Serving

Calories 280

Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 770mg **32%**

Total Carbohydrate 42g **14%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 14g

Vitamin A 35% • Vitamin C 30%

Calcium 20% • 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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	