

My Own Meals
Tuscan Pasta & Beans

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 480mg 21%

Total Carbohydrate 47g 17%

Dietary Fiber 11g 39%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 90mg 8%

Iron 3.5mg 20%

Potassium 810mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.