

Crustless Spinach Quiche

Nutrition Facts

Serving Size: 1 Slice (0.0g)

Servings Per Container: 6

Amount Per Serving

Calories 330 Calories from Fat 220

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 610mg **25%**

Total Carbohydrate 5g **2%**

Dietary Fiber <1g **4%**

Sugars 0g

Sugar Alcohol 0g

Protein 25g

Vitamin A 110% • Vitamin C 4%

Calcium 60% • 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

CONTAINS: MILK, EGG

VALUES ARE FOR ENTREE AND DO NOT
INCLUDE VALUES FOR SIDE ITEMS
(RICE, PASTA, POTATOES, ETC).

MODIFICATIONS TO THE ORIGINAL
RECIPE (LOW SODIUM, INGREDIENT
SUBSTITUTIONS, ETC) WILL GREATLY
ALTER THESE NUTRITIONAL FACTS