

Better Than Mom's Meatloaf Beef Gluten Free

Nutrition Facts

Varied servings per container

Serving size 1/6th of Loaf (0.0g)

Amount Per Serving

Calories **540**

% Daily Value*

Total Fat 34g **44%**

Saturated Fat 13g **65%**

Trans Fat 2g

Cholesterol 110mg **37%**

Sodium 980mg **43%**

Total Carbohydrate 28g **10%**

Dietary Fiber <1g **3%**

Total Sugars 21g

Includes 16g Added Sugars **32%**

Protein 31g

Vitamin D 0.4mcg 2%

Calcium 160mg 10%

Iron 4.8mg 25%

Potassium 490mg 10%

* 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.

CONTAINS: MILK, EGG

SIDE ITEMS (RICE, PASTA) ARE NOT INCLUDED.

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