

# Better Than Mom's Meatloaf Beef Keto

## Nutrition Facts

Varied servings per container

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

**Amount Per Serving**

**Calories** **550**

**% Daily Value\***

**Total Fat** 40g **51%**

Saturated Fat 16g **80%**

*Trans* Fat 2g

**Cholesterol** 135mg **45%**

**Sodium** 1100mg **48%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber <1g **3%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 39g

Vitamin D 0.3mcg 2%

Calcium 130mg 10%

Iron 3.6mg 20%

Potassium 470mg 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