

Better Than Mom's Meatloaf Turkey Gluten Free

Nutrition Facts

Varied servings per container

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

Amount Per Serving

Calories **430**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 970mg **42%**

Total Carbohydrate 28g **10%**

Dietary Fiber <1g **3%**

Total Sugars 21g

Includes 16g Added Sugars **32%**

Protein 30g

Vitamin D 0.9mcg 4%

Calcium 180mg 15%

Iron 3.8mg 20%

Potassium 390mg 8%

* 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