

Better Than Mom's Meatloaf Turkey Keto

Nutrition Facts

Varied servings per container

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

Amount Per Serving

Calories **440**

% Daily Value*

Total Fat 29g **37%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 1080mg **47%**

Total Carbohydrate 7g **3%**

Dietary Fiber <1g **3%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 38g

Vitamin D 0.7mcg 4%

Calcium 160mg 10%

Iron 2.6mg 15%

Potassium 370mg 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

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