

Better Than Mom's Meatloaf Turkey

Nutrition Facts

Varied servings per container

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

Amount Per Serving

Calories **440**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 1030mg **45%**

Total Carbohydrate 29g **11%**

Dietary Fiber 1g **4%**

Total Sugars 21g

Includes 16g Added Sugars **32%**

Protein 31g

Vitamin D 0.7mcg 4%

Calcium 170mg 15%

Iron 3mg 15%

Potassium 380mg 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, WHEAT

SIDE ITEMS (RICE, PASTA) ARE NOT INCLUDED.

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