

Crustless Spinach Quiche

Nutrition Facts

6 servings per container

Serving size 1 Slice (0.0g)

Amount Per Serving

Calories 330

% Daily Value*

Total Fat 24g **31%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 620mg **27%**

Total Carbohydrate 5g **2%**

Dietary Fiber <1g **4%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 26g

Vitamin D 1mcg 6%

Calcium 600mg 45%

Iron 1.7mg 10%

Potassium 210mg 4%

* 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: EGG

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