

Loaded Cauliflower Bake

Nutrition Facts

Varied servings per container

Serving size 1/4 of Package (0.0g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 380mg **17%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 0.6mg 4%

Potassium 240mg 6%

* 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