

Better Than Mom's Meatloaf Beef

Nutrition Facts

Serving Size: 1 Slice with Sauce (0.0g)

Servings Per Container: 6

Amount Per Serving

Calories 550 Calories from Fat 310

% Daily Value*

Total Fat 34g **52%**

Saturated Fat 13g **65%**

Trans Fat 2g

Cholesterol 110mg **37%**

Sodium 1050mg **44%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 21g

Sugar Alcohol 0g

Protein 31g

Vitamin A 10% • Vitamin C 15%

Calcium 15% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CONTAINS: MILK, EGG, WHEAT, SOY

VALUES ARE FOR ENTREE AND DO NOT
INCLUDE VALUES FOR SIDE ITEMS
(RICE, PASTA, POTATOES, ETC).

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