

Hearty Breakfast Casserole Vegetarian

Nutrition Facts

Serving Size: 1/4 of Package (0.0g)

Servings Per Container: 4

Amount Per Serving

Calories 320 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 450mg **19%**

Total Carbohydrate 31g **10%**

Dietary Fiber 2g **8%**

Sugars 2g

Sugar Alcohol 0g

Protein 18g

Vitamin A 30% • Vitamin C 20%

Calcium 25% • Iron 15%

* 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, 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