

Italian Calzones Cheese

Nutrition Facts

Serving Size: 1/2 Calzone & 1/2 C

Marinara (0.0g)

Servings Per Container: 6

Amount Per Serving

Calories 460 Calories from Fat 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 1050mg **44%**

Total Carbohydrate 47g **16%**

Dietary Fiber 3g **12%**

Sugars 8g

Sugar Alcohol 0g

Protein 22g

Vitamin A 20% • Vitamin C 15%

Calcium 45% • Iron 10%

* 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