

Loaded Cauliflower Bake

Nutrition Facts

Serving Size: 1/4 of Package (Approx 3/4 Cup) (0.0g)

Servings Per Container: 4

Amount Per Serving

Calories 190 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 380mg **16%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Sugar Alcohol 0g

Protein 7g

Vitamin A 4% • Vitamin C 80%

Calcium 10% • Iron 4%

* 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