

Vegetable Masala

Nutrition Facts

Serving Size: 1/3 of Package Excluding Rice or Bread (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 300 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 1090mg **45%**

Total Carbohydrate 39g **13%**

Dietary Fiber 7g **28%**

Sugars 8g

Sugar Alcohol 0g

Protein 7g

Vitamin A 0% • Vitamin C 110%

Calcium 15% • 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

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