

# NUTRITION FACTS

Serving Size: 10 inch Veggie

**SERVINGS: 1**

## Amount Per Serving

**Calories 540** **Calories From Fat 200**

## % Daily Value

**Total Fat 22g** **34%**

**Saturated Fat 9g** **45%**

**Cholesterol 58mg** **19%**

**Sodium 1190mg** **50%**

**Total Carbohydrates 56g** **19%**

**Dietary Fiver 9g** **36%**

**Sugars 16g**

**Protein 35g** **70%**

**Vitamin A 27%** **Vitamin C 23%**

**Calcium 49%** **Iron 39%**

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

|                           |                  | <b>Calories</b> | <b>2,000</b>   | <b>2,500</b>   |
|---------------------------|------------------|-----------------|----------------|----------------|
| <b>Total Fat</b>          | <b>Less than</b> |                 | <b>65g</b>     | <b>80g</b>     |
| <b>Saturated Fat</b>      | <b>Less than</b> |                 | <b>20g</b>     | <b>25g</b>     |
| <b>Cholesterol</b>        | <b>Less than</b> |                 | <b>300mg</b>   | <b>300mg</b>   |
| <b>Sodium</b>             | <b>Less than</b> |                 | <b>2,400mg</b> | <b>2,400mg</b> |
| <b>Total Carbohydrate</b> |                  |                 | <b>300g</b>    | <b>375g</b>    |
| <b>Dietary Fiber</b>      |                  |                 | <b>25g</b>     | <b>30g</b>     |

**Calories per gram:**

**Fat 9 Carbohydrate 4 Protein 4**