

Italian Meatballs



Nutrition Facts

Serving Size: 6 Meatballs (85g)

Servings per Container: about 11

Amount per Serving

Calories 290

Calories from Fat 210

		% Daily Value*
Total Fat	24g	37%
Saturated Fat	10g	50%
Cholesterol	45mg	15%
Sodium	520mg	22%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	13g	

Vitamin A 0% • Vitamin C 2% • Calcium 6% • 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		5g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4