



Baked Sausage Florentine

Nutrition Facts			
Serving Size 1 cup (205 grams)			
Servings Per Container 8			
Amount Per Serving			
Calories 270		Calories from Fat 80	
		% Daily Value*	
Total Fat 9g			14%
Saturated Fat 2.5g			12%
Trans Fat 0g			
Cholesterol 30mg			11%
Sodium 720mg			30%
Total Carbohydrate 27g			9%
Dietary Fiber 2g			7%
Sugars 2g			
Protein 17g			
Vitamin A 8%		• Vitamin C 0%	
Calcium 8%		• 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4