



Ham & Cheese Eggplant Bake

Nutrition Facts			
Serving Size 1 Cup (238 grams)			
Servings Per Container 8			
Amount Per Serving			
Calories 160		Calories from Fat 60	
		% Daily Value*	
Total Fat 7g			10%
Saturated Fat 3g			16%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 700mg			29%
Total Carbohydrate 13g			4%
Dietary Fiber 4g			16%
Sugars 7g			
Protein 14g			
Vitamin A 4%		• Vitamin C 10%	
Calcium 30%		• Iron 6%	
* 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