



## Turkey & Stuffing Melts

<b>Nutrition Facts</b>			
Serving Size 1 Cup (240 grams)			
Servings Per Container 8			
<b>Amount Per Serving</b>			
<b>Calories</b> 280	Calories from Fat 80		
<b>% Daily Value*</b>			
<b>Total Fat</b> 9g	<b>13%</b>		
Saturated Fat 2.5g	<b>13%</b>		
Trans Fat 2g			
<b>Cholesterol</b> 15mg	<b>4%</b>		
<b>Sodium</b> 1140mg	<b>47%</b>		
<b>Total Carbohydrate</b> 33g	<b>11%</b>		
Dietary Fiber less than 1g	<b>2%</b>		
Sugars 9g			
<b>Protein</b> 18g			
Vitamin A 10%	• Vitamin C 0%		
Calcium 10%	• Iron 8%		
* 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