

Baked Ziti

Nutrition Facts			
Serving Size 4 ounces (171g)			
Servings Per Container 1			
Amount Per Serving			
Calories 280		Calories from Fat	
		% Daily Value*	
Total Fat	12g		19%
Saturated Fat	8g		40%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	3.5g		
Cholesterol	40mg		13%
Sodium	460mg		19%
Potassium	430mg		12%
Total Carbohydrate	28g		9%
Dietary Fiber	5g		19%
Sugars	6g		
Protein	15g		
Vitamin A 15% • Vitamin C 40%			
Calcium 35% • Iron 6%			
Thiamin 0% • Riboflavin 10%			
Niacin 0% • Vitamin B6 2%			
Folacin 2% • Vitamin B12 2%			
Phosphorus 30% • Zinc 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	*	Carbohydrate 4	* Protein 4