

## Cheese Ravioli with Marinara Sauce

Nutrition Facts			
Serving Size 3 pieces (480g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	180	Calories from Fat	10
% Daily Value*			
<b>Total Fat</b>	6g		10%
Saturated Fat	.5g		3%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
<b>Cholesterol</b>	35mg		12%
<b>Sodium</b>	240mg		10%
<b>Potassium</b>	450mg		13%
<b>Total Carbohydrate</b>	23g		8%
Dietary Fiber	3g		11%
Sugars	6g		
<b>Protein</b>	10g		
Vitamin A	8%	• Vitamin C	45%
Calcium	6%	• Iron	4%
Thiamin	0%	• Riboflavin	0%
Niacin	0%	• Vitamin B6	0%
Folacin	0%	• Vitamin B12	0%
Phosphorus	2%	• Zinc	0%
*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
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2400mg	2400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4