

Eggplant Parmesan

Nutrition Facts	
Serving Size 1 #8 scoop (112g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
<i>Trans</i> Fat .5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 10mg	4%
Sodium 230mg	10%
Potassium 250mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 5g	
Vitamin A 10%	• Vitamin C 20%
Calcium 10%	• Iron 6%
Thiamin 2%	• Riboflavin 2%
Niacin 0%	• Vitamin B6 2%
Folacin 0%	• Vitamin B12 6%
Phosphorus 8%	• Zinc 4%
*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