

## Quiche Wellness Value Meal

<b>Nutrition Facts</b>	
Serving Size 1 each (473g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 460	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 17g	<b>25%</b>
Saturated Fat 6g	<b>32%</b>
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Potassium</b> 1570mg	<b>45%</b>
<b>Total Carbohydrate</b> 53g	<b>18%</b>
Dietary Fiber 9g	<b>37%</b>
Sugars 5g	
<b>Protein</b> 32g	
Vitamin A 100%	• Vitamin C 100%
Calcium 60%	• Iron 60%
Thiamin 70%	• Riboflavin 45%
Niacin 25%	• Vitamin B6 20%
Folacin 15%	• Vitamin B12 6%
Phosphorus 60%	• Zinc 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	<b>Calories:</b> 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
<b>Calories per gram:</b>	
Fat 9	* Carbohydrate 4 * Protein 4