

Sweet & Sour Vege Meatballs

Nutrition Facts	
Serving Size 4 each (555g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 0
% Daily Value*	
Total Fat 8g	12%
Saturated Fat .5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	0%
Sodium 1330mg	56%
Potassium 820mg	24%
Total Carbohydrate 76g	25%
Dietary Fiber 7g 27%	
Sugars 56g	
Protein 14g	
Vitamin A 110% • Vitamin C 120%	
Calcium 8% • Iron 20%	
Thiamin 10% • Riboflavin 8%	
Niacin 8% • Vitamin B6 15%	
Folacin 8% • Vitamin B12 0%	
Phosphorus 4% • Zinc 2%	
*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