

**Calabrian Chickpea Lasagna (sum)
serving**

Nutrition Facts	
Serving Size 1 serving (285g)	
Serving Per Container 1	
Amount Per Serving	
Calories 590	Calories from Fat 190
% Daily Values*	
Total Fat 21g	32 %
Saturated Fat 7g	33 %
<i>Trans</i> Fat 0	%
Polyunsaturated Fat 0	%
Monounsaturated Fat 9g	%
Cholesterol 65mg	21 %
Sodium 570mg	24 %
Total Carbohydrate 64g	21 %
Dietary Fiber 11g	43 %
Sugars 0g	%
Protein 39g	77 %
Vitamin A 205%	● Vitamin C 145%
Calcium 25%	● Iron 70%
Vitamin E 0%	● Vitamin B6 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
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	● Carbohydrates 4 ● Protein 4

INGREDIENTS: Spinach Fresh Cello Pack, Beef Flank Stk Cho Cvp Raw Ref, Green Peppers, Bean Garbanzo dry, Fresh Orange, Red Onions, Noodle Elbow Gluten Free, 1/4" Fresh Diced Celery, Parsley, Part Skim Ricotta Cheese, Oil Olive Extra Virgin, Garlic, Salt Iodized, Seasoning Salt Free #17 (Spices (Black Pepper, Oregano, Basil, Celery Seed, Dillweed, Sage, Bay Leaves), Garlic, Onion, Carrots, Citric Acid, Sesame Seeds, Red Bell Peppers, Turmeric, Orange Peel, Parsley Flakes, Corn Starch, and Lemon Peel.), Spice Dill Weed Plastic, Bay Leaves.

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.

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