

# Stuffed Shells Marinara

## Nutrition Facts

Serving Size 2 Pieces (243g)

Servings Per Container 1

Amount Per Serving

**Calories** 300 Calories From Fat 108

		% Daily Value*
<b>Total Fat</b>	12g	18%
Saturated Fat	5g	24%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	49mg	16%
<b>Sodium</b>	940mg	39%
<b>Total Carbohydrate</b>	35g	12%
Dietary Fiber	3g	10%
Sugars	9g	

**Protein** 13g

Vitamin A 24% ● Vitamin C 24%

Calcium 22% ● Iron 13%

\*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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**Ingredients:** Stuffed Shells (Pasta [Flour (Durum Semolina), Water], Part Skim Ricotta Cheese [Whey, Pasteurized Milk, Vinegar, Salt, Carrageenan], Whole Milk Ricotta Cheese [Milk, Whey, Cream, Vinegar, Salt, Carrageenan], Water, Liquid Pasteurized Whole Eggs, Modified Food Starch, Salt, Romano Cheese [Sheep's Milk, Cultures, Rennet, Salt], Pepper, Parsley); Marinara Sauce (Vine-Ripened Fresh Tomatoes, Blend of Extra Virgin Olive and Sunflower Oils, Salt, Seasonings, Onions, Sugar, Naturally Derived Citric Acid); Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Cellulose); Provolone Cheese; Water; Oregano; Dried Basil.

**Allergy Information:** Milk, Eggs, Wheat

