

# Nutrition Facts

1 Meal servings per container

**Serving size 1 serving (316g)**

Amount per serving

**Calories 310**

**% Daily Value\***

**Total Fat 16g 21%**

Saturated Fat 10g **50%**

Trans Fat 0g

**Cholesterol 55mg 18%**

**Sodium 500mg 22%**

**Total Carbohydrate 52g 19%**

Dietary Fiber 13g **46%**

Total Sugars 3g

Includes g of Added Sugars

**Protein 27g**

Vitamin D 0mcg **2%**

Calcium 364mg **30%**

Iron 3mg **15%**

Potassium 522mg **10%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALFREDO SAUCE (Ala King Sauce Mix [Modified Food Starch, Dextrose, Coconut Oil, Nonfat Dry Milk, Corn Syrup Solids, Yeast Extract, Enriched Bleached Wheat Flour {Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Potassium Chloride, Less Than 2% Of Each Of The Following: Onion Powder, Phosphate {Potassium, Sodium}, Sodium Caseinate, Silicon Dioxide {Anticaking}, Soybean Oil, Sugar, Mono & Diglycerides, Soy Lecithin, Spice, Color {Caramel Color, Yellow 5, Yellow 6}], Process Pasteurized American Cheese {Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid [Preservative], Lactic Acid, Artificial Color, Enzymes, Soy Lecithin}, Mushrooms {Mushrooms, Water, Salt}, Spinach, Parmesan Cheese {Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking]}, Water, Non-Fat Dry Milk, Modified Corn Starch, White Pepper), CHEESE MANICOTTI (Ricotta Cheese [Whey, Milk, Vinegar, Carrageenan {stabilizer}], Durum Flour Enriched [Durum Flour, Niacin, Ferrrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Eggs, Mozzarella Cheese [Pasteurized Milk, Nonfat Milk, Cultures, Salt, Enzymes], Parmesan Cheese [Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {anti-caking agent}], Breadcrumbs [Enriched Flour {Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Sugar, Soybean Oil, Yeast], Romano Cheese [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {anti-caking agent}], Salt, Modified Food Starch, Xanthan Gum, Guar Gum, Locust Bean Gum, Egg Whites, Black Pepper, Parsley, Beta Carotene {color}), PEAS, ITALIAN BLEND VEGETABLES (Yellow Squash, Zucchini, Mixed Vegetables [Carrots, Corn, Peas, Green Beans])

Manufactured by:



GA Foods, Inc.  
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www.GAFoods.com

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CONTAINS: Milk, Wheat, Soy, Eggs, Sulfites

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