

FC Seasoned Beef Meatloaf

Nutrition Facts

Serving Size: 5 OZ. SERVING (140g)

Servings Per Container: About 3.5

Amount Per Serving

Calories 320

Calories from Fat 200

% Daily Values *

Total Fat 23 g 35 %

Saturated Fat 10 g 50 %

Trans Fat N/A

Polyunsaturated Fat N/A

Monounsaturated Fat N/A

Cholesterol 60 mg 20 %

Sodium 600 mg 25 %

Total Carbohydrate 16 g 5 %

Dietary Fiber 0 g 0 %

Sugars 5 g

Protein 14 g 28 %

Vitamin A 0 % Vitamin C 0 %

Calcium 2 % Iron 10 %

* 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
Protein		50g	63g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4