Nutrition Facts

Serving Size (282g)
Servings Per Container

Amount Per Serving

Calories 430 Calories from Fat 160

	% Daily Value*
Total Fat 18g	**27%**
Saturated Fat 11g	**55%**
Cholesterol 50mg	**16%**
Sodium 370mg	**15%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 9g	**34%**
Sugars 8g	
Protein 12g	

Vitamin A 20%	•	Vitamin C 20%
Calcium 8%	•	Iron 15%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Twin Hens Vegetable Pot Pie: Single Serving