



Nutrition Facts

12 servings per container

Serving size 1 egg (50 g)

Amount per serving

Calories **60**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g **6%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 170mg **57%**

Sodium 65mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g **13%**

Vitamin D 6mcg 30%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 70mg 0%

Vitamin E 5mg 35%

Riboflavin 0.3mg 25%

Folate 45mcg 10%

Vitamin B12 1mcg 40%

Biotin 11mcg 35%

Pantothenic Acid 1mg 20%

Iodine 60mcg 40%

Zinc 0.7mg 6%

Selenium 22mcg 40%

Molybdenum 8mcg 20%

Choline 150mg 25%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For Kosher questions: see www.oukasher.org

Saturated Fat 25% less than ordinary eggs: 1 g vs. 1.5 g (quantities rounded).
If you are concerned about cholesterol, follow a diet lower in saturated fat and cholesterol and ask your doctor or dietitian about Eggland's Best® Clinical studies.

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Nutrition Facts

About 3.5 servings per container
Serving size 1/2 cup (130g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 16g 6%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vit. D 0mcg 0% • Calcium 30mg 2%

Iron 1.9mg 10% • Potas. 240mg 5%

Thiamin B1 8% • Folate B9 6%

Magnesium 8% • Zinc 15%

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INGREDIENTS

* Lentils

* Shoyu

beans

* Onion

* Organic

Eden Foods

OCA Center

U.S. Green

night and

no chemi

lightly in

garlic, and

Add water

free recipe

Nutrition Facts

About 7 servings per container

Serving size 1/4 cup (61g)

Amount per serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 4g 2%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 200mg 4%

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

INGREDIENTS: TOMATOES
CITRIC ACID.

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— Mugnai dal 1831 —

Cavatappi no. 87

Nutrition Facts

8 servings per container

Serving size 3/4 cup (56g) dry

Amount per serving

Calories 200

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 40g **15%**

Dietary Fiber 2g **6%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 0mcg 0%

Calcium 15mg 0%

Iron 1.7mg 10%

Potassium 139mg 4%

Thiamin 0.5mg 45%

Riboflavin 0.2mg 20%

Niacin 3.5mg 25%

Folate 186mcg DFE 50%

(111mcg folic acid)

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

Nutrition Facts

About 11 servings per container
Serving size 1 fried slice (12g)

Amount per serving

Calories

60

% Daily Value*

Total Fat 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 180mg 8%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g 0%

Includes 0g Added Sugars

Protein 4g

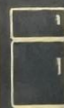
Vit. D 0.2mcg 0% • Calcium 10mg 0%

Iron 0.2mg 0% • Potas. 70mg 0%

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

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.



KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.



KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.



COOK THOROUGHLY.



KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

CURED WITH: WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE.

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