

Nutrition Facts

Serving Size
4.0 oz (113g)

Calories
per serving **220**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 13g	17%	Total Carb. 16g	6%
Saturated Fat 8g	39%	Fiber 4g	14%
<i>Trans Fat</i> 0g		Total Sugars 7g	
Cholesterol 35mg	12%	Incl.0g Added Sugars	0%
Sodium 380mg	17%	Protein 12g	
Vitamin D 8% · Calcium 30% · Iron 15% · Potassium 10%			

Creamed Spinach

Ingredients: spinach, milk, yellow onion, parmesan cheese, unsalted butter, flour, yellow onion, garlic, kosher salt, white pepper

Contains Milk, Wheat