

Kale Gratin

Nutrition Facts

Serving Size

6oz (181g)

Calories

280

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 9g **47%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 270mg **12%**

Total Carbohydrate 25g **9%**

Dietary Fiber 3g **10%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 11g

Vit. D 1mcg 6%

Calcium 375mg 30%

Iron 2mg 15%

Potas. 600mg 15%

* 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: kale, milk, gruyere natural cheese, unsalted butter, panko, yellow onion, flour, yellow onion, parmesan cheese, garlic, kosher salt, thyme, white pepper

Contains Milk, Wheat