

Nutrition Facts

Serving Size
4 oz (113g)

Calories
per serving **220**

Amount/serving

% DV

Total Fat 13g

17%

Saturated Fat 8g

39%

Trans Fat 0g

Cholesterol 35mg

12%

Sodium 380mg

17%

Amount/serving

% DV

Total Carb. 16g

6%

Fiber 4g

14%

Total Sugars 7g

Incl.0g Added Sugars

0%

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