

# NUTRITIONAL FACTS

ST. CLAIR FOODS

## 2/2 Lb Trays Creamed Spinach Casserole

### Nutrition Facts

About 4 servings per container

**Serving size** 1 Cup(228g)

Amount per serving

**Calories** 330

% Daily Value\*

**Total Fat** 20g 26%

Saturated Fat 12g 60%

Trans Fat 0.5g

**Cholesterol** 60mg 20%

**Sodium** 690mg 30%

**Total Carbohydrate** 24g 9%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 13g

Vitamin D 1mcg 6%

Calcium 412mg 30%

Iron 1mg 6%

Potassium 164mg 4%

\*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.

INGREDIENTS: SPINACH, WHOLE MILK, SOUR CREAM (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), MOZZARELLA CHEESE (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Anticake (potato starch, corn starch, powdered cellulose) and Natamycin (a natural mold inhibitor)), BUTTER (Cream, Salt), PANKO BREAD CRUMBS (Wheat Flour, Sugar, Salt, Dried Yeast, Caramel (Color), Calcium Propionate, Soybean Oil, and Turmeric Extract (Color)), PARMESAN CHEESE (Pasteurized Part Skim-Milk, Cheese Cultures, Salt, Enzymes, and Powdered Cellulose (Anti-caking Agent)), ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), MODIFIED CORN STARCH, SALT, BLACK PEPPER, GARLIC POWDER.  
Contains Milk, Wheat.