

# NUTRITIONAL FACTS

MAMA MANCINI'S

## 3 Cheese Meatballs

<b>Nutrition Facts</b>			
Serving Size 1 Meatball & 1/2 Cup of Sauce (142g) Servings Per Bag Approx. 9			
<b>Amount Per Serving</b>			
<b>Calories 190</b>			
% Daily Value*			
<b>Total Fat 12g</b>	<b>15%</b>		
Saturated Fat 6g	<b>30%</b>		
Trans Fat 0g			
<b>Cholesterol 45mg</b>	<b>15%</b>		
<b>Sodium 580mg</b>	<b>25%</b>		
<b>Total Carbohydrate 10g</b>	<b>4%</b>		
Dietary Fiber 4g	<b>13%</b>		
Sugars 2g			
<b>Protein 11g</b>			
<b>Vitamin A 8%</b>	• <b>Vitamin C 0%</b>		
<b>Calcium 10%</b>	• <b>Iron 8%</b>		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
Calories:	2,000	2,500	Total
Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300g	300g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

### INGREDIENTS:

**Sauce** — Tomatoes, Tomato Paste, Onion, Salt, Olive Oil, Garlic, Citric Acid, Pepper, Bay Leaves and Basil.

**Meatball** — Ground Beef, Onions, Breadcrumbs (Unbleached Wheat Flour, Sugar, Yeast, Salt), Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Culture, Salt, Enzymes), Whole Eggs, Parsley, Salt, Pepper.

**Cheese Filling:** Mozzarella Cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) Ricotta Cheese (pasteurized whole milk, starter, and salt) Pecorino Romano (pasteurized sheep's milk, cheese cultures, salt, enzymes)

**CONTAINS:** Egg, Milk, and Wheat.

# NUTRITIONAL FACTS

MAMA MANCINI'S

## Sauce

<b>Nutrition Facts</b>	
Serving size 1.8 oz	
Serving Size per bag aprox.9	
<b>Amount Per Serving</b>	
<b>Calories 25</b> <b>Calories from Fat 0</b>	
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 5g</b>	<b>1%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 4g	
<b>Protein 1g</b>	
Vitamin A 15%	• Vitamin c 25%
Calcium 4%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat Sat	Less than 65g    80g
Fat	Less than 20g    25g
Cholesterol Sodium	Less than 300g    300g
Total Carbohydrate	Less than 2,400mg    2,400mg
Dietary Fiber	300mg    375mg 25g    30g

### INGREDIENTS:

Sauce — Tomatoes, Tomato Paste, Onion, Salt, Olive Oil, Garlic, Citric Acid, Pepper, Bay Leaves and Basil.