

NUTRITIONAL FACTS

MAMAMANCINI'S (M90970)

MamaMancini's Italian Style Sauce and 3-Cheese Beef and Turkey Meatballs

BEEF MEATBALL

Nutrition Facts

Serving Size 2 meatball and
1/2 cup of sauce (143g)
Servings per bag 3

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 5.5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 520mg	22%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 3g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 250mg	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	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, Olive Oil, Garlic, Citric Acid, Pepper, Bay Leaves, and Basil.
Meatball: Ground Beef, Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Culture, Salt, Enzymes), food starch, added (to prevent caking), Onion, Breadcrumbs (unbleached wheat flour, sugar, yeast, salt), Whole Eggs, Asiago Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes.), Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes.), Parsley, Black pepper, Salt.

CONTAINS: EGGS, MILK AND WHEAT.

TURKEY MEATBALL

Nutrition Facts

Serving Size 2 meatball and
1/2 cup of sauce (143g)
Servings per bag 3

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 440mg	18%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	6%
Sugars 3g	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.5mg	2%
Potassium 260mg	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	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 Turkey, Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Culture, Salt, Enzymes), food starch, added (to prevent caking), Onions, Breadcrumbs (Unbleached Wheat Flour, Sugar, Yeast, Salt), Whole Eggs, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes.), Asiago Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes.), Parsley, Black Pepper, Salt.

CONTAINS: EGGS, MILK AND WHEAT.

ITALIAN SAUCE

Nutrition Facts

Serving size 1.8 oz
Serving Size per bag aprox. 9

Amount Per Serving

Calories 25 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 5g	1%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 1g	
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	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

M72085

Package Net Weight: 80 oz. (5.0 lbs.)

MAMAMANCINI'S.COM

Packed for Mamamancini Inc. 25
Branca Road East Rutherford, New
Jersey.