

NUTRITIONAL FACTS

MAMA MANCINI'S ()

MamaMancini's 3-Cheese Meatball in a Cup

Italian Style Sauce & Three Cheese Beef Meatballs in a Cup

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	1 serving per container Serving Size 7 oz (198g)	Total Fat 16g	21%	Total Carb. 13g
Calories 240 per serving	Sat. Fat 7g	35%	Dietary Fiber 4g	14%
	<i>Trans</i> Fat 0g		Total Sugars 3g	
	Cholesterol 60mg	20%	Incl. 0g Added Sugars	0%
	Sodium 760mg	33%	Protein 14g	
	Vitamin D 0% • Calcium 10% • Iron 0% • Potassium 10%			

INGREDIENTS: **Sauce:** Tomatoes, Tomato Paste, Onion, Salt, Olive Oil, Garlic, Citric Acid, Pepper, Bay Leaves, Basil. **Meatball:** Ground Beef, Pecorino Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes), Parmesan Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes), Onion, Breadcrumbs (unbleached wheat flour, sugar, yeast, salt), Whole Eggs, Asiago Cheese (pasteurized milk, cheese cultures, salt, enzymes), Parsley, Black Pepper, Salt.
CONTAINS: Milk, Wheat, Egg.

Italian Style Sauce & Three Cheese Turkey Meatballs in a Cup

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	1 serving per container Serving Size 7 oz (198g)	Total Fat 8g	10%	Total Carb. 11g
Calories 180 per serving	Sat. Fat 3.5g	18%	Dietary Fiber 4g	14%
	<i>Trans</i> Fat 0g		Total Sugars 2g	
	Cholesterol 60mg	20%	Incl. 0g Added Sugars	0%
	Sodium 690mg	30%	Protein 17g	
	Vitamin D 0% • Calcium 10% • Iron 6% • Potassium 10%			

INGREDIENTS: **Sauce:** Tomatoes, Tomato Paste, Onion, Salt, Olive Oil, Garlic, Citric Acid, Pepper, Bay Leaves, Basil. **Meatball:** Ground Turkey, Pecorino Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes), Parmesan Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes), Onion, Breadcrumbs (unbleached wheat flour, sugar, yeast, salt), Whole Eggs, Asiago Cheese (pasteurized milk, cheese cultures, salt, enzymes), Parsley, Black Pepper, Salt.
CONTAINS: Milk, Wheat, Egg.