**Heating Instructions:** Remove plastic lid. Heat at 350° for 10-15 minutes or until warm. May be warmed in microwave.

**SMALL ❑ MEDIUM ❑ LARGE ❑**

## Nutrition Facts

Serving Size: 8 oz. (298g)
Servings Per Container: Varied

| Amount Per Serving | |
|---|---|
| **Calories** 70 | Calories from Fat 0 |
| | **% Daily Value*** |
| **Total Fat** 0g | **0**% |
| Saturated Fat 0g | **0**% |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0**% |
| **Sodium** 510mg | **21**% |
| **Total Carbohydrate** 11g | **4**% |
| Dietary Fiber 7g | **28**% |
| Sugars 0g | |
| **Protein** 7g | |

Vitamin A 530% • Vitamin C 130%
Calcium 25% • Iron 50%

* 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 | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

INGREDIENTS: VEG SPINACH BABY FRESH, GARLIC, SALT, WHITE PEPPER

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

# Sauteed Garlic Spinach