

Baked Stuffed Shells & Tomato Pesto Cream Sauce

Number of Servings: 1 (162.05 g per serving)

| Ingredient | Comments |
|--------------------------|---------------------------|
| Jumbo Stuffed Shells | Contains Egg, Milk, Wheat |
| Tomato Pesto Cream Sauce | Contains: Milk, Nuts |

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 Shell (162g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 230 | Calories from Fat 100 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 5g | 25% |
| Cholesterol 25mg | 8% |
| Sodium 580mg | 24% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 1g | 4% |
| Sugars 6g | |
| Protein 8g | |
| Vitamin A 10% | Vitamin C 4% |
| Calcium 10% | 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 |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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