

Breaded Ravioli

Number of Servings: 1 (140 g per serving)

Ingredient	Comments
Breaded Espanol Ravioli	Conatins: Milk, Wheat, Egg

Nutrition Facts	
Serving Size 7 Pieces (140g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Cholesterol 30mg	10%
Sodium 1000mg	42%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 13g	
Vitamin A 6%	• Vitamin C 2%
Calcium 20%	• Iron 8%
*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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