

Battered Eggplant Fries

Number of Servings: 1 (85 g per serving)

Ingredient	Comments
Eggplant Fries Carla's	Contains: Wheat, Milk, Egg, Soy

Nutrition Facts	
Serving Size About 1/2 Cup (85g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 3g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 10%
*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	

10/10/2007

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