

# Baked Manicotti Marinara

Number of Servings: 1 (136.35 g per serving)

Ingredient	Comments
Cheese, mozzarella, low moist, part skim, shredded	
Dish, manicotti, cheese filled, 2.55oz, FS	Contains: Wheat, Milk, Egg
Marinara Sauce SNC	

Nutrition Facts	
Serving Size 1 Manicotti (136g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 580mg</b>	<b>24%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein 10g</b>	
Vitamin A 8%	• Vitamin C 4%
Calcium 15%	• 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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