

Toms T. Steamed Vegetable Platter Entree

10/14/2008

Nutrition Facts

Serving Size (412g)
Servings Per Container

Amount Per Serving

Calories 270 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 58g **19%**

 Dietary Fiber 5g **20%**

 Sugars 5g

Protein 8g

Vitamin A 45% • Vitamin C 190%

Calcium 6% • Iron 15%

*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