

Mom's Meatloaf

Ingredients

Beef Ground 80/20, Celery, Onion, Milk, 2%, w/add calc & vit A & D, Peppers, bell, red yellow & green, sweet, strips, fzn, Bread Crumbs, Japanese style, B66800, Eggs, Parsley, Thyme.

Nutrients per serving

Nutrition Facts	
Serving Size 4 ounce (159g)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 9g	45%
Trans Fat 1.5g	
Cholesterol 90mg	30%
Sodium 105mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 21g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 0%
*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	