

# 45301-Round Ravioli

<b>Nutrition Facts</b>	
Serving Size 13 pcs (110g)	
Servings Per Container about 15	
<b>Amount Per Serving</b>	
<b>Calories 240</b> <b>Calories from Fat 40</b>	
	<b>% Daily Value*</b>
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 2.5g	<b>12%</b>
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 3g	
<b>Protein 12g</b>	
<b>Vitamin A 6%</b>	<b>Vitamin C 0%</b>
<b>Calcium 10%</b>	<b>Iron 10%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less than 65g    60g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

**Ingredients:** Low Fat Ricotta Cheese (Whey, Milk, Cream, Vinegar), Enriched Durum Flour (Flour, Niacin, Ferrous Sulfate thiamine, Mononitrate, Riboflavin, Folicacid) Water, Egg Whites (Egg whites, Water ,Guar Gum), Imported Pecorino Romano Cheese (Sheep's Milk, Rennet), Sea Salt and Spices.

**Cooking Instructions:** Place Frozen Ravioli into boiling water, cook for 6 to 8 minutes or until tender, Stir occasionally with wooden spoon, drain and serve with sauce.