

Beef Meat Loaf

Calories

130

Cholesterol

55
mg

Total Fat

8
g

Sodium

190
mg

Protein

11
g

Nutrition Facts

Serving Size 2oz. (56g)
Servings Per Container Varied

Amount Per Serving

Calories 130 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 190mg 8%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 11g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 7%

*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
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: Beef, Eggs, Ketchup (Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavorings), Onion, Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Green Peppers, Maltodextrin, Salt, Autolyzed Yeast Extract, Pepper, Spices, Garlic Powder, Onion Powder, Citric Acid, Yeast Extract, Natural Flavors