

# Nutrition Facts

## Serving Size

4.0 oz (113g)

**Calories**  
per serving **220**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 13g	<b>17%</b>	<b>Total Carb.</b> 16g	<b>6%</b>
Saturated Fat 8g	<b>39%</b>	Fiber 4g	<b>14%</b>
<i>Trans Fat</i> 0g		Total Sugars 7g	
<b>Cholesterol</b> 35mg	<b>12%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>	<b>Protein</b> 12g	
Vitamin D 8% · Calcium 30% · Iron 15% · Potassium 10%			

## Creamed Spinach

Ingredients: spinach, milk, yellow onion, parmesan cheese, unsalted butter, flour, yellow onion, garlic, kosher salt, white pepper

Contains Milk, Wheat