

Lactailis Mini Frittata with Asparagus - Naturals -
8-10-23

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Nutrition Facts	
5 servings per container	
Serving size	(144g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 370mg	123%
Sodium 340mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 249mg	20%
Iron 2mg	10%
Potassium 96mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	