

# Zerega

## Pot Pie Squares 564196

<b>NUTRITION FACTS</b>			
Serving Size: 2oz (56g)			
Servings per Container: 80			
Amount per Serving			
<b>Calories 220</b>		<b>Calories from Fat 25</b>	
			<b>% Daily Value*</b>
<b>Total Fat</b>	2.5g		4%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	50mg		17%
<b>Sodium</b>	15mg		1%
<b>Total Carbohydrate</b>	40g		13%
Dietary Fiber	2g		6%
Sugars	2g		
<b>Protein</b>	8g		
Vitamin A 0% *    Vitamin C 0%			
Calcium 2% *    Iron 10%			
Thiamine 30% *    Riboflavin 10%			
Niacin 15% *    Folate 30%			
*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	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: Durum flour, eggs, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid.

\*\*Contains wheat and egg ingredients.

\*\*Information taken from product label