

Meal Mart Beef Meatloaf  
with Potatoes & Mixed Vegetables in Gravy

# Nutrition Facts

1 servings per container

**Serving size** 1 tray (16 oz) (453g)

**Amount Per Serving**

**Calories**

**340**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 5g **25%**

*Trans* Fat 0.5g

**Cholesterol** 40mg **13%**

**Sodium** 500mg **22%**

**Total Carbohydrate** 34g **12%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 19g **38%**

Vitamin D 0mcg 0%

Calcium 132mg 10%

Iron 3mg 15%

Potassium 563mg 10%

Vitamin A 10%

Vitamin C 20%

\*The % Daily Value (DV) 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.