

Cycle 3

Baked Manicotti

Ricotta and spinach filled crepes with pear tomato sauce
and mozzarella cheese



WIMS# 35043

Allergens: egg, milk, wheat

Baked Manicotti	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (203 g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 8g	42%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 910mg	39%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Protein 16g	
Vitamin D 0mcg	0%
Calcium 331mg	25%
Iron 1.7mg	10%
Potassium 135mg	3%

* 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.

© 2023 MenuTrinfo, LLC