

## Cycle 2

# Baked Manicotti

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



WIMS# 35082

Allergens: Egg, Milk, Wheat

Baked Manicotti

## Nutrition Facts

1 servings per container  
Serving size 1 meal (209 g)

Amount per serving  
Calories **320**

% Daily Value\*

**Total Fat** 20g 26%  
Saturated Fat 9g 46%  
Trans Fat 0g

**Cholesterol** 85mg 29%

**Sodium** 940mg 41%

**Total Carbohydrate** 15g 5%

Dietary Fiber 2g 7%

Total Sugars 5g

**Protein** 17g

Vitamin D 0.14mcg 0%

Calcium 360mg 30%

Iron 1.7mg 10%

Potassium 140mg 4%

\* 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.

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