

Crustless Quiche \$2.30

**Nutrition Facts** Serving Size: 1 serving (196.33g), Servings Per Container: 1, Amount Per Serving: **Calories** 150, Calories from Fat 70, **Total Fat** 8g (12% DV), Saturated Fat 3.5g (18% DV), *Trans* Fat 0g, **Cholesterol** 200mg (67% DV), **Sodium** 210mg (9% DV), **Total Carbohydrate** 6g (2% DV), Dietary Fiber 1g (4% DV), Sugars 5g, **Protein** 13g, Vitamin A (15% DV), Vitamin C (10% DV), Calcium (25% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Egg, Raw; Milk, Non Fat Skim or Fat Free; Squash, Summer, All Varieties, Sliced, Boiled, Drained; Tomatoes, Red; Cheese, Mozzarella, Part Skim Milk; Squash, Summer, Zucchini; Mushrooms, White, Raw; Eggplant; Basil, Fresh; MRS. DASH Seasoning, Original Blend

