

# Nutrition Facts

9 servings per container

**Serving size** 1/9 of the frittata

**Amount Per Serving**

**Calories** **100**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 2.256g **11%**

*Trans* Fat 0.046g

Polyunsaturated Fat 0.722g

Monounsaturated Fat 2.164g

**Cholesterol** 170mg **57%**

**Sodium** 100mg **4%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber < 1g **2%**

Total Sugars < 1g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

**Protein** 8g **16%**

Vitamin D 0.987mcg 4%

Calcium 78mg 6%

Iron 0.697mg 4%

Potassium 97mg 2%

\*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.