

Nutrition Facts

Serving size

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 11g 14%

Saturated Fat 6.7g **34%**

Trans Fat 0.1g

Cholesterol 25mg 8%

Sodium 730mg 32%

Total Carbohydrate 7g 3%

Dietary Fiber < 1g **3%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 9g 18%

Vitamin D 0.04mcg 0%

Calcium 3463mg 270%

Iron 0.072mg 0%

Potassium 3050mg 60%

*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.

INGREDIENTS:

Water, Spinach, Parmesan Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Artichoke Hearts(Artichoke Hearts, Water, Salt, Citric Acid), Pasteurized Processed Swiss And American Cheese [Cultured Milk And Skim Milk, Cream, Sodium Phosphate, Salt, Sorbic Acid (Preservative), And Enzymes], Milk (Milk, Vitamin D3), Seasoning [Maltodextrin, Modified Food Starch (Tapioca, Corn), Enriched Bleached Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Nonfat Dry Milk, Cream, Sodium Phosphate, Dried Garlic, Salt, Coconut Oil, Corn Syrup Solids, Natural Flavor, Titanium Dioxide (Color), Sugar, Whey, Guar Gum, Yeast Extract, Xanthan Gum, Rendered Chicken Fat, Sodium Caseinate, Mono And Diglycerides, Dipotassium Phosphate, Dried Onion, Butter (Cream, Salt), Spice, Carob Bean Gum, Soy Lecithin, Torula Yeast, Turmeric Extract (Color)], Margarine [Palm Oil, Water, Salt, Contains Less Than 2 Percent Of Vegetable Mono & Diglycerides, Whey Solids, Sodium Benzoate (A Preservative), Natural And Artificial Flavor, Citric Acid, Beta Carotene (Color), Vitamin A Palmitate Added], Onion.

CONTAINS: MILK, SOY, WHEAT