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