

Hot Organic Veggie Plates—Single Serving	Tender Broccolini	Spinach
Serving Size	1	1
Servings Per Dish	1	1
Calories	130	110
Calories From Fat	70	70
Total Fat (g)	8	8
Saturated Fat (g)	1	1
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	340	115
Total Carbohydrate (g)	12	8
Fiber (g)	4	3
Sugars (g)	3	0
Protein (g)	4	5
Vitamin A(%)	20	270
Vitamin C (%)	210	80
Calcium (%)	8	15
Iron (%)	6	20