

Organic Baked Dishes & Ravioli	Lasagna Bolognese	Eggplant Parmesan	Ravioli & Creamy Gorgonzola	Ravioli Carbonara	Pesto & Ravioli	Butternut Squash Ravioli	Add Meatballs	Add Avocado	W/ GF Focaccia	W/ GF Flatbread
Serving Size	1	1	1	1	1	1	1 each	1/4 of whole	1 slice	1 slice
Servings Per Dish	1	1	2	2	2	2	3	1	n/a	n/a
Calories	226	585	730	660	670	410	80	60	80	130
Calories From Fat	75	270	510	390	420	220	45	45	25	60
Total Fat (g)	8	30	56	43	46	25	5	5	3	6
Sat Fat (g)	4	0	24	14	18	16	2	0.5	0	1
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0
Chol(mg)	27	100	135	85	90	105	35	0	25	35
Sodium (mg)	500	1215	550	1070	1040	400	95	0	240	330
Total CHO (g)	22	60	33	40	45	29	1	3	12	17
Fiber (g)	2	6	3	3	5	5	0	2	<1	1
Sugars (g)	3	0	4	7	9	2	0	0	<1	<1
Protein (g)	15	25	15	26	18	12	7	0	1	2
Vit. A(%)	0	-	50	8	70	90	0	0	0	0
Vit. C (%)	60	-	8	10	25	20	0	4	0	0
Calcium (%)	18	-	70	80	60	25	4	0	0	0
Iron (%)	8	-	15	15	25	15	4	0	0	2