

Add Ingredients

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Ingredient*	Amount*	Unit*	Waste* ⓘ		Grams
✓ Spinach, cooked, boiled, drained,...	1	Oz	▼	0	28.4
✓ Cheese, mozzarella, part skim m...	1.5	Oz	▼	0	42.5
✓ Cheese, cheddar, reduced fat (In...	0.5	Oz	▼	0	14.2
✓ Wheat flour, white, all-purpose, ...	1.6	Oz	▼	0	45.4
✓ Butter, salted	0.25	Oz	▼	0	7.1
✓ Salt, table	0.02	Oz	▼	0	0.6
✓ Beverages, water, tap, municipal	0.3	Oz	▼	0	8.5
Add Ingredient		g	▼		
Gross Weight					146.6
Recipe Yield Adjustments Edit					0
Net Weight					146.6

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Possible Nutrition Claims ⓘ👑

Nutrition Facts

About 1 Serving Per Container

Serving Size

147g

Amount Per Serving

Calories

370

% Daily Value *

Total Fat

16g

20%

Saturated Fat

10g

49%

Trans Fat

0g

Cholesterol

55mg

18%

Sodium

1180mg

50%

Total Carbohydrates

36g

13%

Dietary Fiber

2g

7%

Total Sugars

<1g

Includes 0g Added Sugars

0%

Protein

20g

Vitamin D

0.2mcg

0%

Calcium

630mg

50%

Iron

3.2mg

20%

Potassium

230mg

4%

* 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: All-Purpose Flour, Low Fat Mozzarella Cheese, Spinach, Cheddar Cheese, Water, Salted Butter, Salt

Contains: Wheat, Milk

