

Nutrition Facts

Serving Size 9 Ounce

Meat Loaf

Amount Per Serving

Calories 219.7

Calories from Fat 112.3

% Daily Value*

Total Fat 12.5g **19%**

Saturated Fat 4.8g **24%**

Trans Fat 0.6g

Cholesterol 90.8mg **30%**

Sodium 443.7mg **18%**

Total Carbohydrates 5.4g **2%**

Dietary Fiber 2.9g **12%**

Sugars 1.7g

Protein 23.3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.