



Nutrition Facts		INGREDIENTS: SPAGHETTI SQUASH, ALFREDO SAUCE (WATER, MILK (MILK, VITAMIN D3), PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (GUAR GUM, CAROB BEAN GUM)), HEAVY CREAM (PASTEURIZED HEAVY CREAM, CARRAGEENAN), BUTTER (PASTEURIZED CREAM (MILK)), GARLIC (WATER, GARLIC), PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), FLOUR (ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), Malted BARLEY FLOUR), SUGAR, CORN STARCH, ROMANO CHEESE (PASTEURIZED PART-SKIM COW'S MILK, SALT, CHEESE CULTURES, ENZYMES), SALT, WHITE PEPPER, LEMON PEEL (LEMON PEEL ZEST, CANE SUGAR, LEMON OIL ESSENCE)), CHICKEN BREAST MEAT WITH RIB MEAT (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, CULTURED SUGAR AND VINEGAR, POTATO STARCH, SEA SALT, NATURAL FLAVORINGS), MOZZARELLA CHEESE (LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE (ANTICAKING), NATAMYCIN (MOLD INHIBITOR)), SPINACH, PARMESAN CHEESE (PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ANTICAKING)).
1 serving per container Serving size 1 bowl (283g)		
Amount per serving		
Calories 310		MADE WITH PRIDE AND CARE FOR H-E-B®, SAN ANTONIO, TX 78204
% Daily Value*		
Total Fat 15g	19%	BEST BY DATE: ON PACKAGE
Saturated Fat 8g	40%	
Trans Fat 0g		
Cholesterol 55mg	18%	
Sodium 610mg	27%	
Total Carbohydrate 27g	10%	
Dietary Fiber 5g	18%	
Total Sugars 10g		
Includes 1g Added Sugars	2%	
Protein 17g		
VIT D 2.3mcg 10% • Calcium 310mg 25%		
Iron 2.8mg 15% • Potas. 650mg 15%		
*The % Daily Value 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.		
100% GUARANTEE <i>promise</i>		



Nutrition Facts

1 serving per container
Serving size 1 bowl (283g)

Amount per serving
Calories 360

	% Daily Value*
Total Fat 21g	27%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1090mg	47%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 14g	

Vit. D 0.7mcg 4% • Calcium 220mg 15%
 Iron 2.4mg 15% • Potas. 630mg 15%

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TRF50 84576 12/14/2017



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 If you aren't completely satisfied with this product, we'll be happy to replace it or refund your money. You have our word on it.
Chelsey Pratt

INGREDIENTS: SPAGHETTI SQUASH, MARINARA RUSTICA SAUCE (TOMATO (TOMATO, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, TOMATO, ONION, CARROT, GARLIC, SUGAR, SEA SALT, EXPPELLER PRESSED CANOLA OIL, RICE STARCH, EXTRA VIRGIN OLIVE OIL, DRIED BASIL, WHITE DISTILLED VINEGAR, DRIED OREGANO, DRIED RED CHILE PEPPER, WHITE PEPPER), PEPPERONI (PORK BEEF, SEA SALT, NATURAL FLAVORS, SUGAR, PAPRIKA, LACTIC ACID STARTER CULTURE), OLIVES (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (IRON DERIVATIVE)), MOZZARELLA CHEESE (LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE (ANTICAKING), NATAMYCIN (MOLD INHIBITOR)).

CONTAINS: MILK

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 SAN ANTONIO, TX 78284

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Nutrition Facts

1 serving per container
Serving size 1 bowl (312g)

Amount per serving
Calories 400

	% Daily Value*
Total Fat 25g	32%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1040mg	45%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 18g	

Vit. D 0mcg 0% • Calcium 250mg 20%
 Iron 2.5mg 15% • Potass. 510mg 10%

*The % Daily Value 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.



12/11/2011
 TRF2-SAS95



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 promise
Charlie Post

INGREDIENTS: SPAGHETTI SQUASH, MARINARA RUSTICA SAUCE (TOMATO (TOMATO, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, TOMATO, ONION, CARROT, GARLIC, SUGAR, SEA SALT, EXPELLER PRESSED CANOLA OIL, RICE STARCH, EXTRA VIRGIN OLIVE OIL, DRIED BASIL, WHITE DISTILLED VINEGAR, DRIED OREGANO, DRIED RED CHILE PEPPER, WHITE PEPPER), COOKED PORK AND BEEF MEATBALLS (PORK, BEEF, LIQUID EGG WHITES, RICOTTA CON LATTE CHEESE (PASTEURIZED WHEY, CREAM AND MILK, VINEGAR, SALT), ROMANO CHEESE MADE FROM COWS' MILK (CULTURED MILK, SALT, ENZYMES), WATER, CRUMB (RICE FLOUR, PAPRIKA EXTRACT, ANNATTO EXTRACT), SALT, DRIED GARLIC, SPICES, DRIED PARSLEY, BROWN SUGAR, NATURAL FLAVOR), PARMESAN CHEESE (PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ANTICAKING)).

CONTAINS: EGG, MILK
 MADE WITH PRIDE AND CARE FOR H-E-B®
 SAN ANTONIO, TX 78264
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Nutrition Facts

1 serving per container
Serving size 1 bowl (283g)

Amount per serving
Calories 390
% Daily Value*

Total Fat 27g	35%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 770mg	33%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 16g	

Vit. D, 0.1mcg 0% • Calcium 300mg 25%
Iron 3.6mg 20% • Potas. 650mg 15%

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17997-SAS-57 12/14/2011



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Charlie Beatt

INGREDIENTS: SPAGHETTI SQUASH, ORGANIC BASIL PESTO (ORGANIC BASIL, ORGANIC EXPPELLER-PRESSED CANOLA OIL, WATER, ORGANIC PARMESAN CHEESE (PASTEURIZED ORGANIC COWS' MILK, CULTURE, SALT, ENZYMES), ORGANIC DEHYDRATED GARLIC, SALT), CHICKEN BREAST MEAT WITH RIB MEAT (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, CULTURED SUGAR AND VINEGAR, POTATO STARCH, SEA SALT, NATURAL FLAVORINGS), PARMESAN CHEESE (PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ANTICAKING)).

CONTAINS: MILK

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