

Nutrition Facts

Serving Size: 1/3 package (151g/5.3 oz.)
Servings Per Container 3

Amount Per Serving	
Calories 420	Calories from Fat 70
	% Daily Value *
Total Fat 7 g	11%
Saturated Fat 2.5 g	13%
Cholesterol 80 mg	27%
Sodium 240 mg	10%
Total Carbohydrate 70 g	23%
Dietary Fiber 2 g	10%
Sugars 2 g	
Protein 19 g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.



Ingredients: Dough [Flour, Semolina, Whole Eggs, Water, Salt], Meat Mix (Beef, Onion, Bread Crumbs [Flour (Unbleached Wheat Flour, Barley Malt)], Water, Yeast, Salt], Salt, Paprika, Black Pepper, Parsley).



HALAL MANTI

KEEP FROZEN
NT. WT. 1LB (16 OZ.)

