

# Roasted Garlic Parmesan Cauliflower



### Microwave Oven Cooking Instructions:

1. Place face down in microwave-safe dish. Do not puncture package.
2. Microwave on High Power for 4.5 to 6 minutes. Microwave ovens will vary in power. During cooking, the bag will slowly inflate. Special vents in the bag will allow steam to escape while cooking. The pouch should cook inflated at full steam pressure for 30 to 60 seconds. Cook until heated thoroughly but avoid overcooking.
3. Let bag stand for 2 minutes before opening. Carefully handle bag at corners and shake gently to mix. Tear or cut the top of the bag open. Pour contents out and mix well. Enjoy!

**Cook to 165°F for quality and food safety.**

**KEEP FROZEN. DO NOT THAW**

## Nutrition Facts

about 2.5 servings per container

**Serving Size** 2/3 cup ( 115 g)

	Per serving		Per container	
<b>Calories</b>	<b>90</b>		<b>200</b>	
	% DV*		% DV*	
<b>Total Fat</b>	6 g	8 %	14 g	18 %
Saturated Fat	2.5 g	13 %	6 g	30 %
Trans Fat	0 g		0 g	
<b>Cholesterol</b>	10 mg	3 %	25 mg	8 %
<b>Sodium</b>	290 mg	13 %	690 mg	30 %
<b>Total Carbohydrate</b>	5 g	2 %	12 g	4 %
Dietary Fiber	2 g	7 %	4 g	14 %
Total Sugars	2 g		4 g	
Incl Added Sugars	0 g	0 %	0 g	0 %
<b>Protein</b>	3 g		6 g	
<b>Calcium</b>	50 mg	4 %	110 mg	8 %
<b>Iron</b>	0.0 mg	0 %	0.7 mg	4 %
<b>Potassium</b>	100 mg	2 %	240 mg	6 %
<b>Vitamin A</b>	0 mcg	0 %	0 mcg	0 %
<b>Vitamin C</b>	17 mg	20 %	39 mg	45 %

Not a significant source of Vitamin D

\* 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:** CAULIFLOWER, WATER, BUTTER, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), EXTRA VIRGIN OLIVE OIL, LESS THAN 1% OF: MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), DEHYDRATED GARLIC, FLAXSEED, BASIL, SALT, MODIFIED FOOD STARCH, MALTODEXTRIN, WHEY, CITRIC ACID, XANTHAN GUM, NATURAL FLAVOR.

**CONTAINS: MILK.**

**NET WT. 9.5 OZ (269 g)**

**STRONG ROOTS. BRIGHT FUTURE.**

