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Ingredient	Amount	Unit	Waste	Grams
Tomatoes, crushed, canned	1	0.5 cup	0%	121.0
Pasta, cooked, unenriched, without added salt	2	1 cup farfalle	0%	214.0
<input type="text" value="Spinach"/>				

- Spinach, cooked, frozen, drained, without salt
 - Spinach, raw
 - New Zealand spinach, cooked, frozen, drained, without salt
 - New Zealand spinach, raw
 - Spinach, cooked, frozen, drained, with salt
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Nutrition Facts

1 Serving Per Container

Serving Size 335g

Amount Per Serving
Calories 380

% Daily Value*

Total Fat 1g	2%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	9%
Total Carbohydrate 71g	27%
Dietary Fiber 1g	2%
Total Sugar 7g	
Added Sugar 7g	9%
Protein 14g	28%
Vitamin D 0mg	0%
Calcium 61mg	6%
Iron 1.6mg	18%

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Recipe Nutritional Value Calculator

R Barnett



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