

Nutrition Facts Comparison

** does not include milk



Hot Lunch



Lunchable

Lunchables

Calories	458	440	340
Total Fat	10	14	16
Saturated Fat	3	5	7
Cholesterol	73	44	30
Sodium	453	652	620
Total Carbs	60	53	37
Dietary Fiber	7	7	<1
Protein	30	25	11
Total Sugar	9	1	17
Net Weight	330g	300g	119g



Gourmet Gorilla meals are higher in protein & fiber and less sugar & fat!