

Nutrition Facts

2 servings per container

Serving size

1/2 the recipe

Amount Per Serving

Calories

180

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1.4g **7%**

Trans Fat 0g

Polyunsaturated Fat 0.4g

Monounsaturated Fat 1.3g

Cholesterol 10mg **3%**

Sodium 95mg **4%**

Total Carbohydrate 31g **11%**

Dietary Fiber 4g **14%**

Total Sugars 20g

Includes 2g Added Sugars **4%**

Protein 8g **16%**

Vitamin D 0mcg **0%**

Calcium 256mg **20%**

Iron 0.6mg **4%**

Potassium 448mg **10%**

*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.