

# Nutrition Facts

Serving size

1/6 recipe

Amount Per Serving

**Calories**

**220**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 590mg **26%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber 7g **25%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein** 16g **32%**

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 3.6mg **20%**

Potassium 940mg **20%**

Vitamin A 135mcg **15%**

Vitamin C 63mg **70%**

Folate 40mcg **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.