

Nutrition Facts

Serving size

1/6 recipe

Amount Per Serving

Calories

200

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 195mg **65%**

Sodium 310mg **14%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

Protein 12g **24%**

Vitamin D 2.8mcg **15%**

Calcium 208mg **15%**

Iron 1.26mg **8%**

Potassium 376mg **8%**

Vitamin A 90mcg **10%**

Vitamin C 32.4mg **35%**

Folate 44mcg **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.