

Nutrition Facts

1/4 of recipe
(about 1/2 of apple
with toppings)

Serving size

Amount Per Serving

Calories

420

% Daily Value*

Total Fat 24g **31%**

Saturated Fat 6g **30%**

Trans Fat 0g

Polyunsaturated Fat 5.8g

Monounsaturated Fat 11g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 45g **16%**

Dietary Fiber 7g **25%**

Total Sugars 27g

Includes 8g Added Sugars **16%**

Protein 12g **24%**

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 3mg **15%**

Potassium 530mg **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.