

Nutrition Facts

Serving size Entire recipe (savory)

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3g **15%**

Trans Fat 0g

Polyunsaturated Fat 0.8g

Monounsaturated Fat 2.6g

Cholesterol 200mg **67%**

Sodium 410mg **18%**

Total Carbohydrate 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 19g **38%**

Vitamin D 1mcg **4%**

Calcium 164mg **15%**

Iron 1mg **6%**

Potassium 399mg **8%**

*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.