

Nutrition Facts

Servings: 6

Amount per serving

Calories **184**

% Daily Value*

Total Fat 11.2g **14%**

Saturated Fat 2.2g **11%**

Cholesterol 0mg **0%**

Sodium 24mg **1%**

Total Carbohydrate 16.9g **6%**

Dietary Fiber 2.3g **8%**

Total Sugars 5.1g

Protein 6.6g

Vitamin D 0mcg **0%**

Calcium 24mg **2%**

Iron 2mg **11%**

Potassium 252mg **5%**