

Nutrition Facts

Servings: 8

Amount per serving

Calories

210

% Daily Value*

Total Fat 6.5g **8%**

Saturated Fat 2.4g **12%**

Cholesterol 72mg **24%**

Sodium 268mg **12%**

Total Carbohydrate 31.8g **12%**

Dietary Fiber 6.6g **24%**

Total Sugars 10.9g

Protein 11.1g

Vitamin D 30mcg **151%**

Calcium 161mg **12%**

Iron 1mg **7%**

Potassium 215mg **5%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*