

Nutrition Facts

Servings: 4

Amount per serving

Calories **232**

% Daily Value*

Total Fat 6.2g **8%**

Saturated Fat 3.8g **19%**

Cholesterol 21mg **7%**

Sodium 280mg **12%**

Total Carbohydrate 36.3g **13%**

Dietary Fiber 1.1g **4%**

Total Sugars 18.4g

Protein 8.9g

Vitamin D 0mcg **0%**

Calcium 120mg **9%**

Iron 1mg **3%**

Potassium 156mg **3%**