

Nutrition Facts

Servings: 4

Amount per serving

Calories

177

% Daily Value*

Total Fat 12.3g **16%**

Saturated Fat 1.4g **7%**

Cholesterol 0mg **0%**

Sodium 286mg **12%**

Total Carbohydrate 12.6g **5%**

Dietary Fiber 3.4g **12%**

Total Sugars 2.8g

Protein 7.4g

Vitamin D 0mcg **0%**

Calcium 70mg **5%**

Iron 3mg **17%**

Potassium 263mg **6%**