

# Nutrition Facts

Servings: 4

Amount per serving

**Calories**

**400**

**% Daily Value\***

**Total Fat** 21.2g 27%

Saturated Fat 4g 20%

**Cholesterol** 54mg 18%

**Sodium** 322mg 14%

**Total Carbohydrate** 19.9g 7%

Dietary Fiber 4.1g 15%

Total Sugars 2.3g

**Protein** 35.8g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 2mg 10%

Potassium 902mg 19%

*\*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.*